



CHALLENGE ACCEPTED

2013 IOWA GYMNASTICS



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CREDITS

The 2013 Iowa Hawkeye Women's Gymnastics Media Guide is a publication of the University of Iowa. The guide was written, designed and edited by Sports Information gymnastics contact Jessa Hansen. Designed by Mindy Gardner. Photographs provided by Dave Bress and Mindy Gardner. Printing done by University of Iowa Printing Services in Iowa City, IA.

UNIVERSITY OF IOWA ATHLETIC DEPARTMENT MISSION STATEMENT

The mission of the Department of Athletics is to provide the administrative and coaching support, facilities, resources, and equipment necessary for student-athletes to graduate from The University of Iowa while participating in broad-based championship caliber athletic competition. The overall well-being of the participant and integrity of the program will be paramount in all that we do.

UNIVERSITY QUICK FACTS

Location:	Iowa City, Iowa
Founded:	1847
Enrollment:	31,498
School Colors:	Black and Gold
Nickname:	Hawkeyes
Home Facility:	Carver-Hawkeye Arena
Conference:	Big Ten
President:	Sally Mason
Director of Athletics:	Gary Barta
Gymnastics Administrator:	Mary Curtis

STAFF INFORMATION

Head Coach	Larissa Libby
Alma Mater/Year	Louisiana State/1996
Record at Iowa	70-77-2
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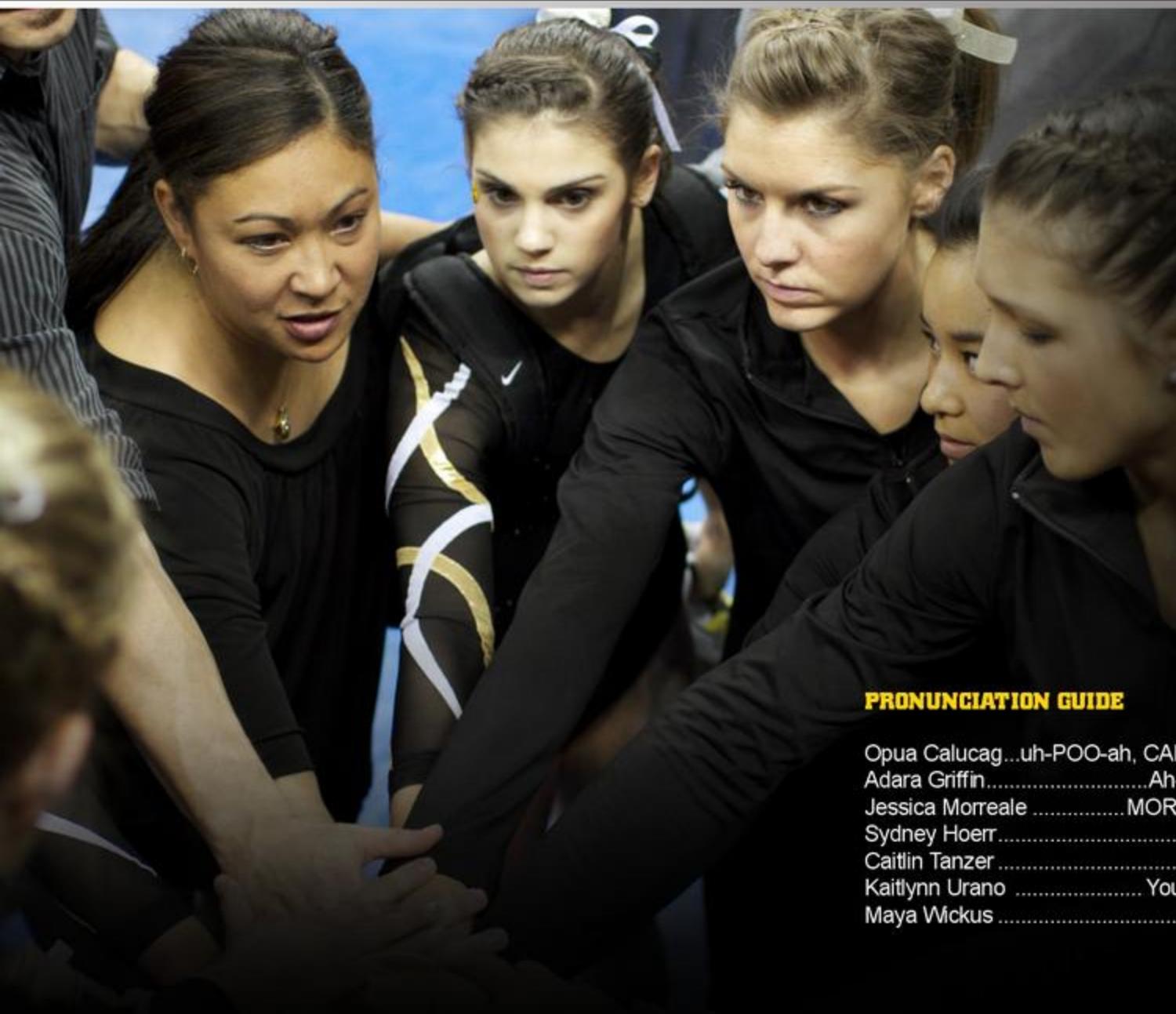
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Date	Opponent	Location	Time
Dec. 2	Black and Gold Intrasquad	Iowa City, Iowa	2:00 PM
Jan. 11	Ball State	Iowa City, Iowa	7:00 PM
Jan. 19	at Ohio State	Columbus, Ohio	3:00 PM
Jan. 26	at Penn State	University Park, Pa.	6:00 PM
Feb. 2	at Michigan	Ann Arbor, Mich.	3:00 PM
Feb. 8	Michigan State	Iowa City, Iowa	7:00 PM
Feb. 16	at Illinois	Champaign, Ill.	4:00 PM
Feb. 22	Minnesota	Iowa City, Iowa	7:00 PM
March 4	at Nebraska	Lincoln, Neb.	6:00 PM
March 8	Iowa State	Iowa City, Iowa	7:00 PM
March 15	at Southern Utah	Cedar City, Utah	8:00 PM
March 23	Big Ten Championships	East Lansing, Mich.	Noon
April 6	at NCAA Regionals	TBD	TBD
April 19	at NCAA Nationals	Los Angeles, Calif.	TBD
April 20	at NCAA Nationals	Los Angeles, Calif.	TBD

BIG 
WOMEN'S GYMNASTICS



2013 ROSTER

Name	Events	Yr.	Hometown (High School)
Opua Calucag	Bars, Beam	Fr.	South Pasadena, Calif. (California Virtual Academy)
Rachel Chambers	Beam, Floor	Fr.	Buffalo Grove, Ill. (New Trier)
Alie Glover	All-Around	Fr.	Destin, Fla. (South Walton)
Adara Griffin	Bars, Beam, Floor	Fr.	Moline, Ill. (Moline)
Sydney Hoerr	All-Around	So.	Bloomington, Ill. (Tri-Valley)
Alyssa Lopez	All-Around	Fr.	Dekalb, Ill. (Dekalb)
Jessica Morreale	All-Around	So.	DeKalb, Ill. (DeKalb)
Emma Stevenson	Vault, Bars, Floor	Sr.	Winfield, Ill. (Wheaton North)
Caitlin Tanzer	Bars, Beam, Floor	So.	Naperville, Ill. (Nequa Valley)
Kaitlynn Urano	Bars, Beam, Floor	Sr.	Mission, B.C., Canada (Heritage Park Secondary)
Maya Wickus	Vault, Bars	Sr.	Port Washington, Wis. (Port Washington)
Emma Willis	All-Around	So.	Sarnia, Ontario, Canada (Northern Collegiate Institute)

Head Coach: Larissa Libby

Assistant Coaches: Jacob Lee, Caleb Phillips

Managers: Miranda Drake, Miranda Meyer, Nicole Pineau

PRONUNCIATION GUIDE

Opua Calucag...uh-POO-ah, CAL-ew-cahg
 Adara Griffin.....Ah-DARE-ah
 Jessica MorrealeMORE-ee-alley
 Sydney Hoerr.....Hair
 Caitlin TanzerTAN-zur
 Kaitlynn UranoYour-AHN-oh
 Maya WickusMY-uh

BREAKDOWN BY CLASS

FRESHMEN (5)
 Opua Calucag
 Rachel Chambers
 Alie Glover
 Adara Griffin
 Alyssa Lopez

SOPHOMORES (4)
 Sydney Hoerr
 Jessica Morreale
 Caitlin Tanzer
 Emma Willis

JUNIORS (0)

SENIORS (3)
 Emma Stevenson
 Kaitlynn Urano
 Maya Wickus



2012 RESULTS (7-1-0 OVERALL, 1-1-4 BIG TEN)

Event	Result
vs. LSU, Arkansas, Auburn, Arizona (Cancun Classic)	3rd, 193.875
vs. Michigan State	W, 193.225
vs. Illinois	T, 195.075
vs. Iowa State	L, 194.550
vs. Penn State	L, 195.150
vs. Ohio State	L, 194.425
vs. Iowa State	W, 194.150
vs. Minnesota	L, 194.100
vs. Texas Women's, BYU, SEMO	1st, 195.875
vs. LSU	L, 195.700
vs. Denver, Minnesota, Arizona State	3rd, 194.500

BIG TEN CHAMPIONSHIPS (IOWA CITY, IOWA)

Team	Points
1. Nebraska	197.100
2. Ohio State	196.225
3. Minnesota	195.950
4. Michigan	195.875
5. Illinois	195.850
6. Penn State	195.700
7. Iowa	195.425
8. Michigan State	194.675

NCAA REGIONALS (SEATTLE, WASH.)

Team	Points
1. Alabama	197.025
2. LSU	196.075
3. Washington	195.875
4. Arizona	195.075
5. Iowa	194.600
6. Central Michigan	194.150

ALL-BIG TEN

Second Team: Tesla Cox
 All-Championship Team: Emma Stevenson
 Big Ten Sportsmanship Award: Jordan Eiszlinger

ACADEMIC ALL-BIG TEN HONOREES

Rachel Corcoran	Emma Stevenson
Jordan Eiszlinger	Annie Szatkowski
Jessa Hansen	Kaitlyn Urano

LETTERWINNERS

Emily Bigras	Jessica Morreale
Rachel Corcoran	Emma Stevenson
Tesla Cox	Annie Szatkowski
Jordan Eiszlinger	Kaitlyn Urano
Jessa Hansen	Maya Wickus
Sydney Hoerr	Emma Willis
Miranda Meyer	

SCHOLASTIC ALL-AMERICAN HONOREES

Amy Center	Nicole Pineau
Rachel Corcoran	Annie Szatkowski
Jessa Hansen	Emma Willis

INDIVIDUAL SEASON BESTS

Name	V	UB	BB	FX	AA
Emily Bigras	--	--	9.725	--	--
Rachel Corcoran	9.85	--	9.750	9.850	--
Tesla Cox	9.825	9.90	9.825	--	--
Jordan Eszlinger	--	9.875	9.475	--	--
Jessa Hansen	9.850	9.875	9.90	9.90	39.425
Sydney Hoerr	9.850	9.750	9.775	9.850	37.475
Miranda Meyer	--	--	--	9.825	--
Jessica Morreale	9.775	--	9.850	--	--
Emma Stevenson	9.875	9.90	--	9.90	--
Annie Szatkowski	--	--	9.80	--	--
Kaitlynn Urano	--	9.850	9.725	9.500	--
Maya Wickus	9.875	9.775	--	--	--
Emma Willis	9.850	9.825	9.800	9.850	39.075

TEAM SEASON BESTS

Event	Score	Competition
Vault	49.275	B1G Championships (March 24)
Uneven Bars	49.200	vs. Minnesota (Feb. 24)
Balance Beam	49.050	at Texas Women's (March 3)
Floor	49.350	vs. Penn State (Feb. 3)
Total	195.875	at Texas Women's (March 3)

INDIVIDUAL TEAM LEADERS

Event	Athlete	Score	Competition
Vault	Emma Stevenson	9.875	3X, last at B1G Championships
	Maya Wickus	9.875	B1G Championships (March 24)
Uneven Bars	Tesla Cox	9.900	vs. TWU, BYU, SEMO (March 3)
	Emma Stevenson	9.900	vs. Minnesota (Feb. 24)
Balance Beam	Jessa Hansen	9.900	vs. LSU (March 9)
Floor Exercise	Jessa Hansen	9.900	2X, last vs. LSU (March 9)
	Emma Stevenson	9.900	vs. Penn State (Feb. 3)
All-Around	Jessa Hansen	39.425	vs. LSU (March 3)



The 2013 GymHawks have their sights set on a sixth consecutive NCAA postseason appearance and a spot atop the Big Ten Conference. Coach Larissa Libby believes teamwork, focus and determination will drive her team to success.

"We are short on depth this year, but what we have returning is tremendous," said Libby. "If we can be very smart and efficient, I believe we can be Big Ten Champions, and I will not come off that. That's the intent, and I believe we have the right group to get there. They have been extremely focused on what we represent and though they are all very different, they meet in the middle and focus on the same idea and same process."

The team and staff are well aware of the work ahead and have a solid foundation and winning tradition to pull from. Because of this standard, "Challenge Accepted" is the 2012-13 GymHawk slogan.

"We lost a lot of depth," said Libby. "We've accepted it and are moving forward without excuses. We have taken steps back, but we intend to take even more steps forward."

With six returning letterwinners and seven newcomers, Libby and her squad will rely on experienced leadership from seniors Emma Stevenson, Kaitlynn Urano and Maya Wickus. The senior trio will combine to provide Iowa with the stability and skill every team needs.

Stevenson is coming off a stellar junior season, setting career-bests on three events. She was named to the All-Big Ten Championships team after scoring a 9.875 on the floor exercise.

"Emma loves what she does, but she means business," said Libby. "She knows how to get the best out of herself and is always working to be perfect. She will be our go-to kid and will be the one to hold the team standard. I expect her to be on the top of the Big Ten again."

Urano will also be crucial on three events, especially the balance beam. In 2012, she competed on the beam three times, scoring a career-high 9.725 against Penn State. Urano also contributed to the bar lineup on 12 occasions, earning a career-best 9.850 against Penn State.

"Kaitlynn has worked extremely hard to improve all aspects of her gymnastics, from nutrition and fitness, to work ethic," said Libby. "She understands how pressure-filled the beam lineup can be, and she will be ready to go. Kaitlynn is a very understated, but beautiful gymnast. She's developing into her own person and has the potential to bring in high scores."

Wickus is also essential to the team's success. For the past two seasons, Wickus has anchored the vault lineup. This year, Libby expects Wickus to be a mainstay in the bars and floor lineups as well. In 2012, Wickus won the vault title at Iowa State and competed on the bars twice, marking a career-best of 9.775 at Denver.

"Maya really wants what is in the best interest of the team," said Libby. "She's a phenomenal vaulter and





has great skills on the uneven bars. This year, she's working really hard on the things that don't come naturally to her. Maya is the one to make sure that the team is successful at the end of the day. That's a tough role, but you want the seniors in that position."

With no juniors on the roster, the sophomores are held to the upperclassmen standard. The sophomore class includes Emma Willis, Sydney Hoerr and Jessica Morreale.

"Having no juniors is new for us, but it's easier when you have the right kids," Libby said. "The sophomores will be the next leaders of the team. They will be the people who set the precedent for years to come."

The sophomore class will be instrumental this season on the competition floor.

"The majority of our routines will come from this class," said Libby. "All three are more than capable and have the potential to bring in big scores."

Willis competed in the all-around in 13 meets last season, and Libby believes she will be more comfortable in that role the second time around.

"Emma contributed on four events last year, and we're extremely pleased with where she is now. She has big gymnastics skills and though Emma is more reserved, Sydney will push her to be even better."

Libby expects Hoerr to join Willis in the all-around.

"Sydney always had the potential to be an all-around competitor, and now she's more than ready," said Libby. "Sydney loves to be under the gun. She works really hard, but her best skills come out in competition."

Morreale, who is returning from a knee injury, will also be vital to the lineup. "Jessica is making a comeback and will start the year anchoring beam and working on floor," said Libby. "She will be back in the vault lineup, but we're starting slow with her."

Libby's 2013 freshman class includes Opua Calucag, Rachel Chambers, Alie Glover, Adara Griffin, Alyssa Lopez and Caitlin Tanzer.

"The freshman class has a lot of potential," said Libby. "We hope the freshman class will be the support staff and fill in where we have gaps." Libby noted two newcomers that can make significant impacts. She expects Glover and Lopez to join the lineup from the start.

"Glover and Lopez are something special," said Libby. "They just don't know it yet. It's difficult for them to see their potential because they're constantly in the grind, but I think they will be some of the best newcomers in the Big Ten."

With a mix of seasoned competitors and fresh talent, the GymHawks have high expectations for 2013. It will take tremendous effort, but this team has the potential to leave its mark in the Big Ten.

"Consistency is our goal," said Libby. "We need to set the bar high right out of the gate. Ultimately, we want to be Big Ten Champions. Our goal is to be the best in our conference, both athletically, and academically. We've made huge strides, which may not be visible on the outside yet. When we take that floor, the change will be seen."



THE BASICS

Six gymnasts perform on each of the four events: vault, uneven bars, balance beam, and floor exercise. The five highest scores per event comprise the cumulative team total. Top teams score above 190 out of a perfect score of 200.

Each routine has a start value of 9.5. In order to reach a maximum start value of 10.0, the gymnast must earn bonus points for difficult skills and combinations. The difficulty of skills are ranked from A-E, with "E" being the most difficult. A "D" skill is worth one-tenth of bonus points, while an "E" element is worth two-tenths of bonus. The gymnast also receives bonus for performing a connection of skills, called combination bonus.

JUDGING

Uneven bars, balance beam, and floor exercise are judged with a rating system evaluating each element on the following scale:

- A - basic element
- B - element with partial difficulty
- C - element with higher difficulty
- D - element with very high difficulty
- E - element with highest difficulty

Routines require the following to start from a 9.5 base value:
3 "A" elements, 3 "B" elements, and two "C" elements.

SPECIAL DEDUCTIONS

- * Out of bounds on the floor exercise, -0.1 each time
- * Overtime in balance beam routine (over 90 seconds), -0.2
- * Fall off apparatus, -0.5 each time
- * Wobble on beam, -0.1 to -0.3, depending on degree of wobble
- * An extra step on landing, -0.1
- * Insufficient artistry of presentation, up to -0.3
- * Relaxed posture throughout the exercise, up to -0.2



**VAULT**

Vaulting requires speed, quickness and explosive power. The gymnast is allowed to perform only one vault, with the exception of NCAA Championship vault final qualifications. Vaults have assigned maximum difficulty ranging from 8.6 to 10.0. Deductions are taken for technical errors in four phases: the approach, contact with the vaulting table, height and distance from the table, and the landing. Specific deductions include up to 0.5 for body position faults, 0.1-0.4 for steps on the landing, and up to 0.3 for an off-center landing. Additionally, if the coach assists the athlete at any time during the vault, the athlete will receive a score of 0.0. Some common vaults in collegiate competition include:

Roundoff back handspring, layout.....	9.80 start value
Roundoff back handspring, layout half twist.....	10.0 start value
Roundoff back handspring, layout full twist.....	10.0 start value
Handsprint front tuck.....	9.80 start value
Handsprint front tuck half twist.....	9.90 start value
Handsprint front tuck full twist.....	10.0 start value
Handsprint front pike.....	9.90 start value
Tsukahara layout.....	9.80 start value
Tsukahara layout half twist.....	10.0 start value
Tsukahara layout full twist.....	10.0 start value
Roundoff half twist on, front tuck.....	9.90 start value
Roundoff half twist on, front pike.....	10.0 start value

UNEVEN BARS

This event combines the gymnast's strength and agility as the gymnast must maintain a flowing and consistent rhythm. A bar routine must include a mount, two release moves, a directional change, and a dismount. Bonus points are awarded through release moves, dismounts, and performing difficult elements in a series.

BALANCE BEAM

The balance beam is 16 feet long, four feet high, and only four inches wide. Performing on the beam requires precise movement and intense concentration. A beam routine should be between 70 and 90 seconds long and include a tumbling series, a leap series, a mount and a dismount.

Composition Requirements:

- * Full turn
- * Large leap or jump (180 degree split)
- * Acrobatic series with two or more flight skills
- * Dance series
- * Minimum of a "C" level dismount



BALANCE BEAM

FLOOR EXERCISE

This is the "glamour" event in women's gymnastics that combines tumbling, dance, and interpretation of music. Floor routines must contain at least two tumbling passes (one with two flips) and a series of two leaps all choreographed to music. Floor exercise has become not only one of the most beautiful of athletic events, but one of the most daring and exciting as well.

Composition Requirements:

- * Dance series with two elements
- * Two tumbling series with one having at least two saltos
- * Three different saltos within the exercise
- * Minimum of "C" level dismount in combination or "D" level skill



UNEVEN BARS



FLOOR EXERCISE

**LARISSA LIBBY****HEAD COACH
NINTH SEASON**

Entering her ninth year as head coach of the Hawkeyes, Larissa Libby has her eyes set on a sixth consecutive NCAA postseason appearance, the seventh in her tenure.

In 2012, the Hawkeyes finished the season ranked 26th nationally, the highest finish since 2004. Libby coached Tesla Cox to second team All-Big Ten honors and Emma Stevenson to the Big Ten All-Championship Team. The Hawkeyes hosted the Big Ten Championships drawing a season-high attendance figure of 1,661. Stevenson scored a 9.875 on the floor exercise, and Iowa finished seventh as a team. Libby led the Hawkeyes to a fifth-consecutive NCAA postseason appearance. Iowa posted 194.600 and finished fifth at the Seattle Regional.

The Hawkeyes raised the streak to four-straight NCAA appearances in 2011 with a fifth place finish at the Corvallis Regional. This coming after a sixth place finish at the Big Ten Championships, and an overall season record of 11-6. Libby coached three All-Big Ten selections in Rebecca Simbhudas, Houry Gebeshian and Jessa Hansen. Simbhudas and Gebeshian also made individual appearances at the NCAA Championships as Simbhudas was named North Central Region Gymnast of the Year.

Libby led Iowa to a third place finish at the 2010 Big Ten Championships, its best finish in six years. On top of another NCAA Regional berth, Libby also coached Houry Gebeshian to a Big Ten title on beam, just the second in program history. Additionally, Rebecca Simbhudas qualified as an individual for the NCAA Championships and earned All-American honors on beam.

In 2009, Libby led her squad to a 10-5 record and was named North Central Region Coach of the Year. Under her guidance, the GymHawks made their second consecutive NCAA Regional appearance and produced two first team All-Big Ten gymnasts in Jenifer Simbhudas and Houry Gebeshian. Additionally, Simbhudas was named Big Ten Gymnast of the Week twice in 2009.

In 2008, Libby Coached the Hawkeyes to their first NCAA appearance since 2005 and a fifth place finish in the Big Ten Conference. In addition to the multiple team and staff honors, Libby also saw several GymHawks achieve standout seasons during the 2008 season. Jenifer Simbhudas was named first team All Big-Ten and Big Ten Gymnast of the Week twice. The accomplishments came off of the competitive floor as well. Five Gymhawks were named Academic All-Big Ten and seven were named academic All-Americans.

In 2007, Libby led the Hawkeyes to many individual records. Katie Burke earned career-highs on vault, bars, floor, and in the all-around, ending a highly successful season with an NCAA Championship appearance. Kara Pinjuv, Jenifer Simbhudas, and Katie Turcotte all qualified to NCAA Regional competition. In addition to their NCAA success, Burke earned first team All-Big Ten honors while Pinjuv, Turcotte, and Simbhudas all earned second team honors.

Prior to the 2007 season, Libby played a role in the Hawkeyes' six consecutive seasons of NCAA Regional competition (2000-2005) and coached seniors Liz Grajewski and Kortny Williamson, as well as junior Danielle Legeai to individual regional competition in 2006.



As the Hawkeyes' choreographer and beam coach, Libby has made a lasting impact. The top 10 school records on beam have all been under her guidance, including the school record, 49.425, accomplished in 2004 at Illinois State. In 2004, the GymHawks recorded a 49.0 or higher seven times on beam.

Before becoming head coach, Libby served as associate head coach for one season and assistant coach for the previous three seasons.

Before joining the Hawkeyes, Libby served four years as the assistant women's coach at Louisiana State University, her alma mater. While at LSU, she produced nine beam All-Americans, the top-ranked beam team in 1999 and helped coach LSU to four consecutive NCAA championship team appearances.

As a competitive gymnast in her home country of Canada, Libby burst onto the scene at age 11, quickly becoming a junior national champion and a senior national champion shortly after. A member of the 1987 and 1989 Canadian world championship teams, Libby led the Canadian team to its best-ever sixth-place finish, placing 18th in the world in the all-around and becoming Canada's first ever world vault finalist.

Along with world recognition, Libby was also a member of the Canadian Olympic team in 1988. She has earned over 30 international individual and event medals and was honored as the Canadian Gymnast of the Year in 1989 and 1990. In 2006, Libby was honored for her many national and international accomplishments. The Whitby Sports Council, the hometown where Libby began her outstanding career, selected Libby to be inducted into the Whitby Sports Hall of Fame, an honor bestowed on some of Canada's greatest athletes.

Originally from Pickering, Canada, Libby was a collegiate gymnast at Louisiana State University. She was a four-year team captain and the Central Region bar champion in 1995. Libby graduated from LSU in 1996, with a Bachelor of Science degree in psychology and a minor in French. Her husband, Chad, is the program director of athletic training at Coe College. The couple has two daughters, Taylor and Bailey.



**CALEB PHILLIPS**

ASSISTANT COACH
FIFTH SEASON

Caleb Phillips is in his fifth season as a Hawkeye assistant coach after spending four years as an assistant at Southern Utah.

Phillips is responsible for the uneven bars squad, which is consistently ranked in the top 20 in the country. In 2012, Phillips coached the bar team to a 49.100 NCAA Regional qualifying score, ranking 13th nationally.

Phillips has helped coach Iowa to four-straight NCAA postseason appearances (2009-2012) and in 2011 was named North Central Region Assistant Co-Coach of the Year with former assistant Linas Gaveika.

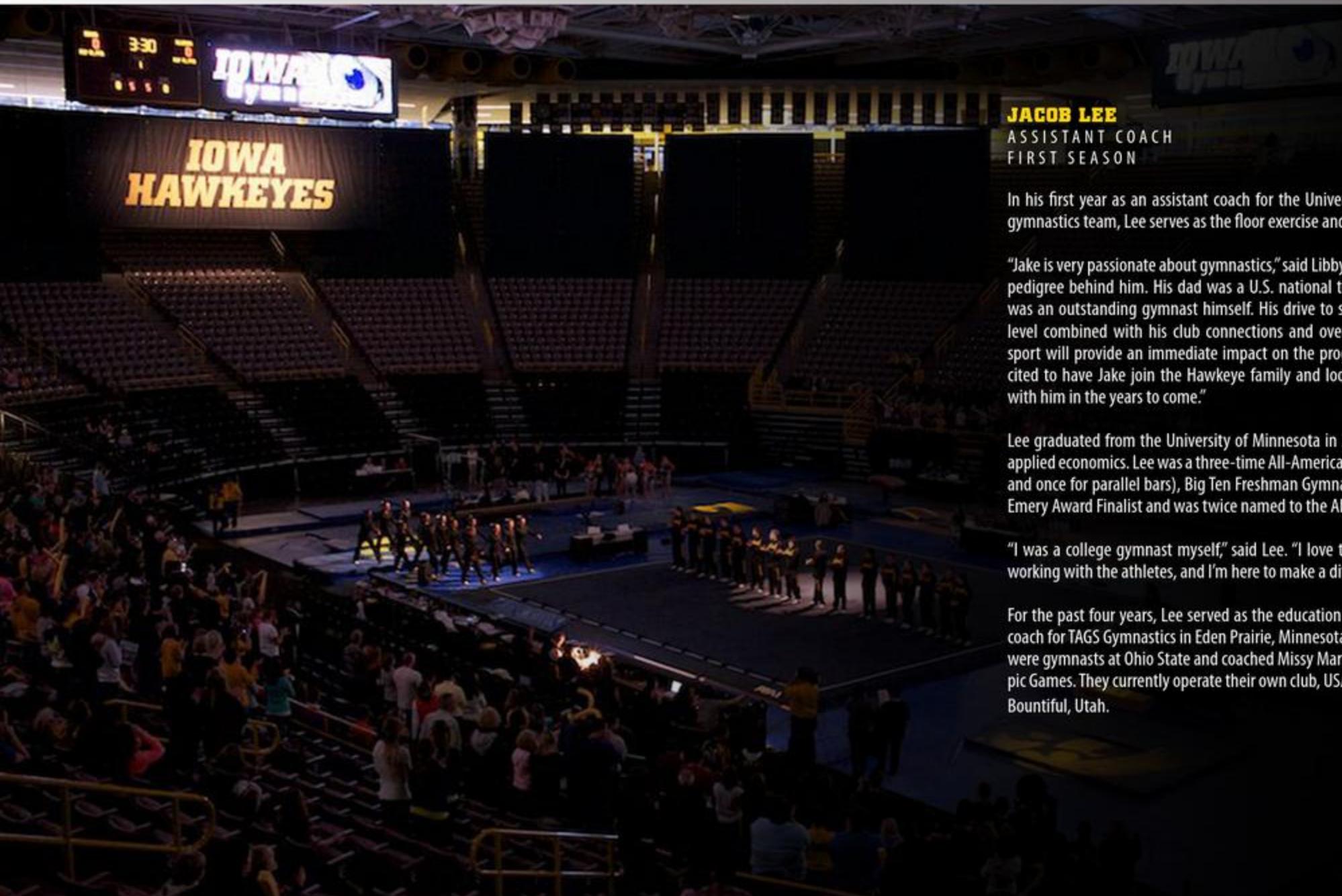
The Hawkeyes have received postseason berths every year he has been on staff. Additionally, Phillips has helped coach two gymnasts, Houry Gebeshian and Rebecca Simbhudas, to an NCAA Championship appearance in the past three seasons.

With the help of Phillips, the Hawkeyes took home third place at the Big Ten Championships in 2010, and Houry Gebeshian was crowned Big Ten Champion on beam.

Prior to joining the Iowa staff, Phillips helped lead Southern Utah to two NCAA Regional appearances and helped send two competitors to NCAA Championships -- Leah Sakhitab in 2005 and Elise Wheeler in 2008. Phillips led three athletes to NCAA Regionals in 2006 and four in 2007.

Phillips has a Bachelor's degree in psychology from Southern Utah. He and his wife, Ashley, have two children -- Cable and Beck.



**JACOB LEE**

ASSISTANT COACH
FIRST SEASON

In his first year as an assistant coach for the University of Iowa women's gymnastics team, Lee serves as the floor exercise and vault coach.

"Jake is very passionate about gymnastics," said Libby. "He has an incredible pedigree behind him. His dad was a U.S. national team coach, and Jacob was an outstanding gymnast himself. His drive to succeed at the highest level combined with his club connections and overall knowledge of the sport will provide an immediate impact on the program. We are very excited to have Jake join the Hawkeye family and look forward to working with him in the years to come."

Lee graduated from the University of Minnesota in 2007 with a degree in applied economics. Lee was a three-time All-American (twice for all-around and once for parallel bars), Big Ten Freshman Gymnast of the Year, Nissen-Emery Award Finalist and was twice named to the All-Big Ten First Team.

"I was a college gymnast myself," said Lee. "I love the atmosphere. I love working with the athletes, and I'm here to make a difference."

For the past four years, Lee served as the education coordinator and team coach for TAGS Gymnastics in Eden Prairie, Minnesota. Both of Lee's parents were gymnasts at Ohio State and coached Missy Marlow to the 1988 Olympic Games. They currently operate their own club, USA Gymnastics World, in Bountiful, Utah.



EMMA STEVENSON

VAULT, BARS, FLOOR
SENIOR
WINFIELD, ILL.

**GETTING TO KNOW EMMA**

My first gymnastics memory: When my coach told me to do a front handspring on vault just because he knew I would try anything. I was a first year level five, and I could barely do a regular front handspring, but I didn't land on my head.

Most prized possession: My pictures

Favorite restaurant: Takanami

Favorite movie: *Sherlock Holmes*

Favorite TV Show: Friends

Favorite music: Any type of Spanish music

I want to visit: Japan

My Goals for the 2013 season: Qualify to NCAA's as a team

Being at Iowa has taught me: To have patience in myself and the value of hard work

Most memorable gymnastics moment: Standing on the podium at the 2012 Big Ten Championships

Pre-meet rituals: Get pumped up by listening to music and visualizing my routines

2012... Competed in all 13 meets... marked a career best of 9.875 on vault three times... set a career mark of 9.90 on bars against Minnesota... scored a career high of 9.90 on the floor exercise against Penn State, tying for first place... named to the 2012 Big Ten All-Championships Team for her 9.875 floor exercise performance... Academic All-Big Ten honoree.

2011... One of six Hawkeyes to compete in all 14 meets... scored career best of 9.850 in three different meets – tying for second against Iowa State, Northern Illinois and at Southern Utah... posted career mark of 9.825 on vault, earning a share of second place against Wisconsin-Stout... posted career mark of 9.800 on floor twice – tying for fifth against Denver and sixth versus Iowa State... Academic All-Big Ten selection.

2010... Competed in 13 meets, the most of any freshman... saw first collegiate action at Michigan meet, scoring 9.725 bars... scored a career high of 9.825 on bars against Minnesota... competed on floor in nine events for Iowa... scored a career high of 9.750 on floor in final two meets (Big Ten Championships, NCAA Regionals)... set career mark of 9.525 twice on vault (vs. Southern Utah, at NCAA Regionals).

HIGH SCHOOL... Three-time national qualifier... 2005 Regional bar champion... sixth place in bars at 2008 Nationals... 2008 All-Star Team member... four years High Honor Roll... Spanish Honor Society.

PERSONAL... Born 10/11/90... parents are Paul and Barbara Stevenson... integrative physiology major.

**STEVENSON'S BEST**

Vault.....	9.875	3x, last at Big Ten's (3/24/12)
Bars	9.90	vs. Minnesota (2/24/12)
Floor	9.90	vs. Penn State (2/3/12)

**GETTING TO KNOW KAITLYNN**

My first gymnastics memory: Being the first in my practice group to get a kip on bars

Most prized possession: A ring my parents gave me for Christmas my freshman year at Iowa

Favorite place in Iowa City: The ped mall because you can just walk around and enjoy a beautiful day

Pre-meet rituals: Listening to music and singing along to calm my nerves. I choose which ribbons we wear and put them in everyone's hair.

Favorite movie: *How To Lose A Guy In Ten Days*

Favorite TV show: *Friends*

2012... Competed in 12 different competitions... earned a career best of 9.850 on the bars against LSU, tying for third... scored a career high 9.725 on the beam against Penn State... Academic All-Big Ten honoree.

2011... Competed in 12 events for the GymHawks... made collegiate debut on floor with a mark of 9.675 at Michigan State... set season and career mark of 9.800 on floor against Northern Illinois, winning the event title... posted a personal best of 9.775 on bars, tying for seventh individually against Iowa State... Academic All-Big Ten selection.

2010... Competed in 10 meets for Iowa... made collegiate debut at Michigan, scoring a career high 9.525 on beam... recorded career high on bars (9.750) against Minnesota.

HIGH SCHOOL... Qualified for Women's Provincial National Open Team... member of Team Alberta 2007... attended Canada Winter Games in 2007 for Team Alberta... member of Team British Columbia 2008 and 2009... Honor Roll Grades 8-12, Principal's List Grade 11 and 12.

PERSONAL... Born 4/27/91... parents are Chuck and Deborah Urano... communication sciences and disorders major.

I want to visit: All of Europe

Favorite professional athlete: Trevor Linden

Ideal career: Speech Pathologist

Favorite part of team road trips: Playing games on the bus

My goals for the 2013 season: To be consistent on my events and help my team strive for success

Being at Iowa has taught me: To surround myself with people that I love and care about, because they are the next best thing to having your mom hold your hand all the way through life

KAITLYNN URANO

BARS, BEAM, FLOOR

SENIOR

BRITISH COLUMBIA, CANADA

**URANO'S BEST**

Bars	9.850	vs. LSU (3/9/12)
Beam	9.725	vs. Penn State (1/9/12)
Floor	9.800	vs. Northern Illinois (3/5/11)

MAYA WICKUS

VAULT, BARS, FLOOR

SENIOR

PORT WASHINGTON, WIS.

**WICKUS' BEST**

Vault.....9.925 vs. Southern Utah (3/12/11)
Bars.....9.775 at Denver (3/11/12)

GETTING TO KNOW MAYA**Nickname:** Maya Papaya**Most memorable gymnastics moment:**
When I stuck my vault at Southern Utah University in 2011**Most prized possession:** My puppy, Dovey**I want to visit:** Australia**Favorite movie:** Breakfast at Tiffany's**Favorite TV show:** Friends**If I could guest star on any TV series:**

White Collar

Ideal career: Marketing/advertising in professional sports**Favorite spot in Iowa City:** The Pentacrest, because I love to go there and study. It represents our beautiful campus, and I enjoy watching the other students.**Favorite music:** Country! My favorite artist is Shania Twain.**Superstitions:** Walking under a ladder**Being at Iowa has taught me:** That academics come first**My goals for the 2013 season:** Contribute to the team the entire season, lead the team to our goals and make a difference for Iowa Gymnastics

2012... Competed on vault at every meet... won the vault title at Iowa State with a 9.850... competed on the bars twice, marking a career best of 9.775 at Denver... tied for 10th on vault at the Big Ten Championships with a 9.875.

2011... Made Hawkeye debut on vault at Minnesota and competed on vault for remaining 12 meets... won or at least tied for first on vault in three different meets... won the individual title on vault at Southern Utah, setting a career mark of 9.925... tied team season high mark of 9.925 on vault along with senior Houry Gebeshian.

HIGH SCHOOL... Trained at LaFleur's Gymnastics in Wisconsin... Four-time state vault champion... four-time regional qualifier... Qualified for J.O. Nationals sophomore and senior year... Also competed in track and diving.

PERSONAL... Born 9/25/91... parents are Dawn Marie Herrboldt and Wade Wickus... sports recreation and management major.



**GETTING TO KNOW EMMA**

I knew I first loved gymnastics when: I saw my sister doing it, and needed to do it

My most memorable gymnastics moment: Competing at the 2010 World Championships

Favorite part about gymnastics road trips: Spending time with the team, playing cards, watching movies and of course laughing

My goals for this season: Consistency, unity, to be a 196 team and qualify to NCAA Championships

My favorite type of music: Maroon 5, The Script

2012... Named Big Ten Freshmen of the Week (1/9/12) after leading the GymHawks with top-10 finishes on vault (9.80), floor (9.775), and all-around (38.950)... competed in every meet, appearing in the all-around on 12 occasions... earned a career high of 9.80 on the vault against Minnesota... scored a career best 9.825 on the bars against Minnesota... posted a career high 9.800 on the beam against Texas Women's, BYU, and S.E. Missouri... scored above a 9.70 on the floor exercise nine times, marking a career high of 9.850 against Penn State... tied for 15th in the all-around at the Big Ten Championships, posting a career high 39.025.

HIGH SCHOOL... Represented Canada at the 2010 World Championships and 2010 Commonwealth Games... competed at 2010 Canadian Championships Senior, finishing 11th in the all-around and eighth on floor... finished eighth in the all-around at 2009 Elite Canada Senior... competed at 2008 Canadian Championships Senior, finished eighth in the all-around and seventh on floor... competed at 2007 Elite Canada Senior, finishing sixth in the all-around, fourth on bars, fourth on beam and eighth on floor... 2007 Pan American Games competitor... competed at 2007 Canadian Championships Senior, finishing first on floor and 10th in the all-around... competed at the 2007 L'International Gymnix Senior, finishing ninth in the all-around, sixth on beam and third on floor... trained at Bluewater Gymnastics Club in Sarnia, Ontario, Canada...coached by Dave and Liz Brubaker...club teammate of Freshman Emily Bigras.

PERSONAL... Parents are Dave and Shirley Willis... english and journalism major.

I want to visit: Machu Picchu, Peru

Favorite food: Sushi

Favorite spot in Iowa City: The Pentacrest

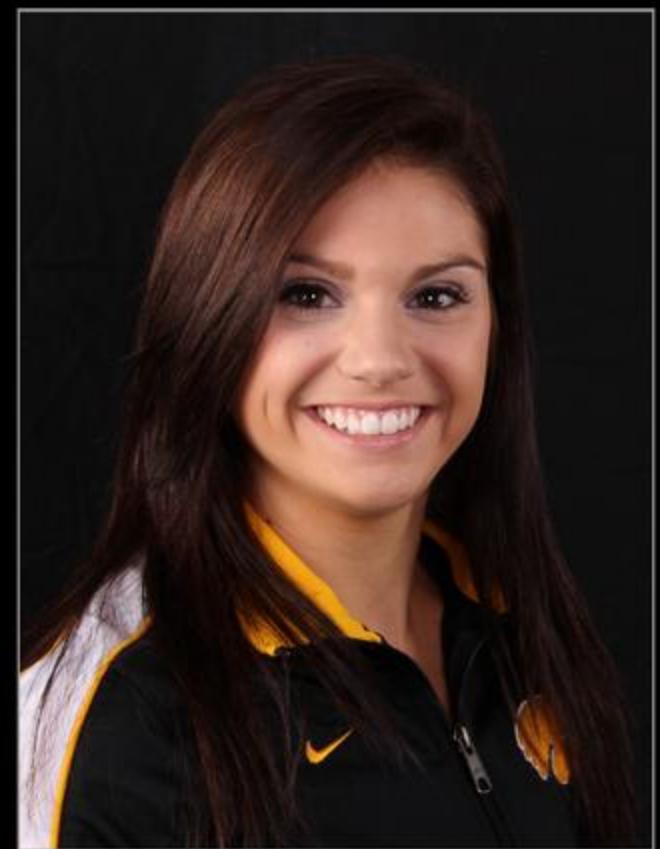
Pre-meet rituals: Dance party with my GymHawks

Favorite professional athlete: Catalina Ponor and Sydney Crosby

Being at Iowa has taught me: Time management. When you're a student-athlete, this skill is vital.

EMMA WILLIS

ALL-AROUND
SOPHOMORE
SARNIA, ONTARIO, CANADA

**WILLIS' BEST**

Vault.....9.850 vs. Minnesota (2/24/12)

Bars.....9.825 vs. Minnesota (2/24/12)

Beam.....9.800 at Texas Women's (3/3/12)

Floor.....9.850 vs. Penn State (2/3/12)



GETTING TO KNOW SYDNEY

My first gymnastics memory: Competing for the first time. I remember getting all green ribbons and thinking that I did really well, but the green ribbons were the worst you could get!

Most prized possession: My family. They are everything to me!

Favorite place in Iowa City: The Pentacrest. It is the place where I fell in love with the University of Iowa campus.

Favorite movie: *Avengers*

Favorite music: Christian music

Favorite professional athlete: Shannon Miller

2012... Competed on the floor exercise at every meet... scored a career high 9.850 on the floor against Penn State... posted a personal best of 9.775 on the beam against Minnesota... competed five times on the vault, scoring a career high of 9.85 at the Big Ten Championships... made collegiate debut on the bars at the Regional Championships with a mark of 9.750.

HIGH SCHOOL... Two-time J.O. National Qualifier (2009, 2010)... finished seventh on bars at 2009 J.O. Nationals... placed third in the all-around 2010 Region V... finished first on bars and second on floor and all-around at 2009 Region V... 2007 Eastern Nationals Floor champion and second in the all-around... 2006 Eastern Nationals floor champion... trained at Rising Stars Academy...coached by Russ Berndt and Bridget Conley.

PERSONAL... Parents are Scott Hoerr and Brenda Berndt... open major.

Most memorable gymnastics moment: Competing in Carver-Hawkeye Arena for the first time. The most phenomenal feeling was walking out onto the floor with the lights, music, audience and my team by my side.

Favorite thing about team road trips: Singing, dancing, and being crazy! There's nothing better than to be in a tiny area with your team. Nothing says team bonding quite like that.

I want to visit: Ireland, because I hear that it is beautiful.

Goals for the 2013 season: To be confident, trust myself and to have no regrets! I want to give both my education and my gymnastics one hundred percent.

SYDNEY HOERR
ALL-AROUND
SOPHOMORE
BLOOMINGTON, ILL.



HOERR'S BEST

Vault.....	9.850	at Big Ten Championships (2/24/12)
Bars.....	9.825	vs. Minnesota (2/24/12)
Beam.....	9.800	at Texas Women's (3/3/12)
Floor.....	9.850	vs. Penn State (2/3/12)

JESSICA MORREALE

ALL-AROUND
SOPHOMORE
DEKALB, ILL.

**GETTING TO KNOW JESSICA**

Favorite place in Iowa City: Thai Flavors

Favorite Music: RHCP, Mumford and Sons, Dave Matthews, John Mayer

I want to visit: Sicily, Rome

Goals for the 2013 season: 3.5 or higher GPA, Compete all-around, and to be the beam champ for the second consecutive year against Iowa State

Being at Iowa has taught me: A lot about growing up and being on my own. Being at Iowa has taught me responsibility and management of my time and money. I have met so many wonderful people and made so many memories with my team and friends.

Pre-meet rituals: Blaring my favorite pump up music! I make sure to eat a healthy breakfast and keep my mind off of the meet until an hour before meet time. Then I focus down.

2012... Competed on the floor and vault on four occasions... won the title on beam against Iowa State, scoring a career high of 9.850... earned a career high of 9.775 on the vault against Iowa State... missed last seven events due to a knee injury.

HIGH SCHOOL... Five-time J.O. National Qualifier... 2011 High School National all-around, bars and floor Champion... finished fourth on bars at 2010 J.O. National Beam Champion... represented Region V in Slovenia and Venice Italy in 2010... finished second on beam at 2006 Eastern Nationals... trained at Energym...coached by Andy Morreale (father), Sam Morreale (uncle), Nita Teague and Gene Margiotta.

PERSONAL... Parents are Andy and Kim Morreale... open major.

MORREALE'S BEST

Vault.....9.775 at Iowa State (1/27/12)

Beam.....9.850 at Iowa State (1/27/12)

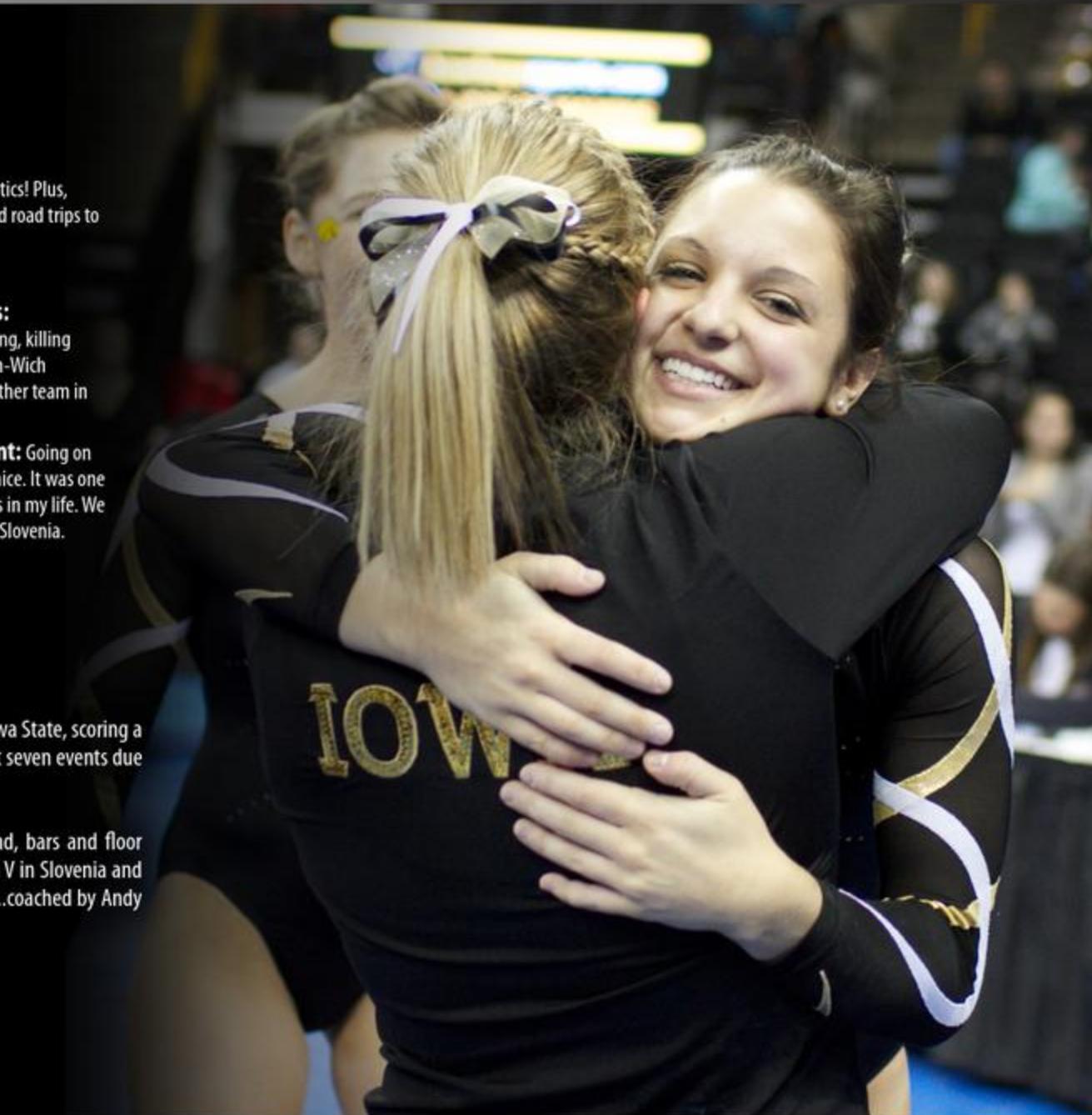
Past summer activities: Lots of gymnastics! Plus, some music concerts, bike rides, hot yoga and road trips to and from Iowa City.

Ideal Career: Travel journalist

Favorite thing about team road trips:

EVERYTHING. The memories, the team bonding, killing time on the bus, making music videos, Which-Wich sandwiches and of course taking down the other team in their own gym!

Most memorable gymnastics moment: Going on the Region 5 All-Star trip to Slovenia and Venice. It was one of the best and most memorable experiences in my life. We got to practice with some great people from Slovenia.



CAITLIN TANZER

BARS, BEAM, FLOOR
SOPHOMORE
NAPERVILLE, ILL.

**GETTING TO KNOW CAITLIN**

My first gymnastics memory: I fell four times in one beam routine at my first meet. I didn't realize how terrible that was, so when I landed I smiled and ran over to my team like I received a perfect score!

Favorite place in Iowa City: The downtown area, because there are so many cute shops and activities going on at all time.

Favorite food: Definitely sushi. Any kind, anywhere

Favorite movie: *Taken*

Favorite music: I love country music!

I want to visit: I really want to go to Australia, and maybe even travel the world for a year after college.

Goals for 2013: To make a comeback! I want to compete for Iowa and help my team in any way I can.

Why the University of Iowa: Iowa was the total package for me – great coaches, incredible teammates, a prestigious medical field and it's part of the Big Ten Conference.

Favorite professional athlete: Gordon Beckham, because I am a huge White Sox fan.

If I could guest star on any television series: Grey's Anatomy because it's my favorite show, what I want to do for a living, and I would like to meet all of the cast members.

Most memorable gymnastics moment: Winning level 7 state meet after being out for eight months due to a dislocated elbow.

One word that describes me: Determined

HIGH SCHOOL... Two-time Level 10 Regional Championship qualifier and three-time Level 10 State Championship qualifier... placed eighth in the all-around at the 2007 Level 9 Eastern National Championships... competed for Arena Gymnastics under coaches Dan and Beth Miller... received "Hardest Worker Award" twice and "Most Supportive Award" by her gymnastics club.

PERSONAL... Born on 10/1/92... parents are Ray and Deb Tanzer... has one brother, Ryan Tanzer... integrated physiology major.



ALIE GLOVER
ALL-AROUND
FRESHMAN
DESTIN, FLA.



GETTING TO KNOW ALIE

First gymnastics memory: Doing forward rolls in a baby gymnastics class at my daycare

Favorite place in Iowa City: The Pentacrest

Favorite food: Steak and garlic potatoes

Place I want to visit: Australia

Goals for 2013: To contribute to the team on each event to the best of my ability

Why the University of Iowa: I love the atmosphere, campus, and the coaches and team are amazing.

HIGH SCHOOL... 2012 Junior Olympic National qualifier, placing 16th on vault... placed fourth all-around and third on vault at the 2012 Region 8 Championships... finished second all-around at the Florida State Championship in 2012 and fourth All-Around in 2011... competed for Gymnastics Plus under coaches Steve and Sue Arkell.

PERSONAL... Born on 6/1/94... parents are Rhett and Wendy Glover... has one brother, Rhett... integrated physiology major.

Being at Iowa has taught me: How to be independent

Pre-meet rituals: I have to wear the same shorts and shirt every time I get ready for a competition

Ideal career: Physical Therapist

Favorite professional athlete: Alicia Sacramone

Most memorable gymnastics moment: Qualifying to Junior Olympic Nationals for my first time as a level 10 gymnast.



ALYSSA LOPEZ
ALL-AROUND
FRESHMAN
DEKALB, ILL.



GETTING TO KNOW ALYSSA

Most memorable gymnastics moment:

Being the first person at my high school to win a state championship

Most prized possession: My medals**Favorite food:** Bagels**Favorite movie:** *The Breakfast Club***Favorite music:** Anything Justin Bieber**I want to visit:** England**Goals for 2013:** To try my best at everything I do

Why the University of Iowa: I love the atmosphere and the team!

Being at Iowa has taught me: Time management

Pre-meet rituals: Listen to music

Favorite professional athlete: Kevin Durant

Most influential person in my life: My mom and dad, because they'll do anything to help me

If I could guest star on any television series: *Melissa & Joey*

Ideal career: I want to be a nurse.

One word that describes me: Fun

HIGH SCHOOL... 2012 State and Regional qualifier, posting a career best all-around score of 38.45 at the Illinois State Championship... placed 23rd all-around and 8th on vault at the 2010 Junior Olympic Nationals... placed third all-around at the 2008 Level 9 Eastern Championships and was crowned the vault champion... trained at Energym under Andy Morreale, the father of Iowa teammate Jessica Morreale.

PERSONAL... Born on 3/17/94... parents are Vince and Tina Lopez... has a sister, Amanda, and a brother, Alec... pre-business major.



OPUA CALUCAG

BARS, BEAM, FLOOR
FRESHMAN
SOUTH PASADENA, CALIF.

**GETTING TO KNOW OPUA**

First gymnastics memory: I didn't make it over the vault at my first gymnastics meet!

Favorite place in Iowa City: The downtown area

Favorite food: Frozen yogurt

Favorite movie: *She's The Man*

I want to visit: Rio, Brazil during the 2016 Olympics

Goals for 2013: To get my knee healthy and compete!

Being at Iowa has taught me: Independence

HIGH SCHOOL... Qualified to the 2011 Junior Olympic Nationals and placed 14th on balance beam... placed sixth in all-around at the Region I Level 10 Championships... crowned the 2010 Level 9 Region I all-around Champion and the 2010 Level 9 Western National Floor Champion... trained at West Coast Elite Gymnastics under coaches Fernando Villa and Antoaneta Angelova.

PERSONAL... Born on 4/26/94... parents are Evelyn and Noel Calucag... made the Dean's High Honors List for spring 2011 and 2012 semesters... integrated physiology major.

Favorite professional athlete: Michael Phelps

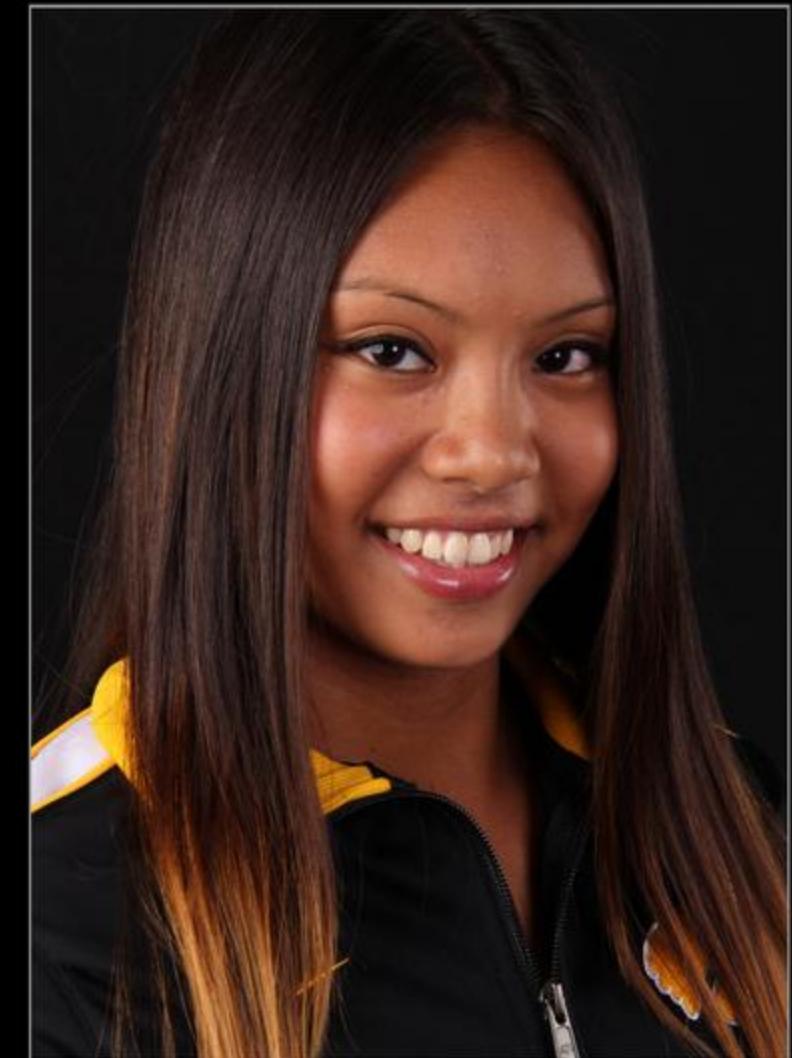
Most influential person in my life: My parents, because I wouldn't be here without their support and encouragement

If I could guest star on any television series: 90210

Ideal career: Physical therapist

Most memorable gymnastics moment: Making it to the Junior Olympic Nationals

One word that describes me: Happy



ADARA GRIFFIN

ALL-AROUND
FRESHMAN
MOLINE, ILL.

**GETTING TO KNOW ADARA**

First gymnastics memory: I started tumbling when I was three years old and whenever we performed our skills correctly our instructor would give us a piece of licorice.

Most prized possession: I have this stuffed monkey, Athena. I made her at Teddy Set Go!

Favorite food: I love Chinese food. My favorite type is chicken fried rice and crab rangoons!

Favorite movie: Resident Evil

Favorite music: Taylor Swift and Country J

I want to visit: Australia

Goals for 2013: To have a GPA of at least a 3.7 and to help the GymHawks on any event they need me

Why the University of Iowa: Because of the great medical programs and the gymnastics team

Pre-meet rituals: I go through my routines mentally, and I eat oranges for energy.

Favorite professional athlete: Donald Driver and Clay Matthews from the Green Bay Packers!

Most influential person in my life: Taylor Swift, because she had a dream and pursued it. Her music is relatable, and she's an overall grounded person.

If I could guest star on any television series: Grey's Anatomy

Most memorable gymnastics moment: We performed an exhibition at my gym, and my friends finally got the opportunity to watch my gymnastics. They didn't understand why I had to practice so much, but after watching my routines, they understood and respected gymnastics so much more.

One word that describes me: Goofy

HIGH SCHOOL... 2010 Level 10 Region IV Championship qualifier... trained at Spectrum Gymnastics under coaches Jessica Stewart and Caryn Crouch... National Honor Society member... 2011-12 dance team member... track and field letter winner, receiving team MVP as a junior.

PERSONAL... Born 1/25/94... parents are Matthew and Christina Griffin... has one brother, Joel... radiation science major.



**GETTING TO KNOW RACHEL**

Most prized possession: My scrapbook made for me by the girls at my gym in Chicago

Favorite place in Iowa City: Tropical Smoothie at the CRWC

Favorite food: Caesar salad

Favorite movie: *The Lion King*

Favorite music: Country music, Train, and Pitbull

Place you want to visit: Greece

Why the University of Iowa: The atmosphere, beautiful campus, and I love the school spirit

Being at Iowa has taught me: To be more independent

Pre-meet rituals: Whenever I go on a gymnastics road trip, I have to bring a certain blanket with me.

Favorite professional athlete: Tom Daley

Most influential person in my life: My mom, because she taught me to be a strong person and fight for what I believe in

If I could guest star on any television series: *The Nanny*

Ideal career: Second grade teacher

Most memorable gymnastics moment: The feeling when I found out that I made it to nationals

One word that describes me: Precise

RACHEL CHAMBERS

BARS, BEAM, FLOOR

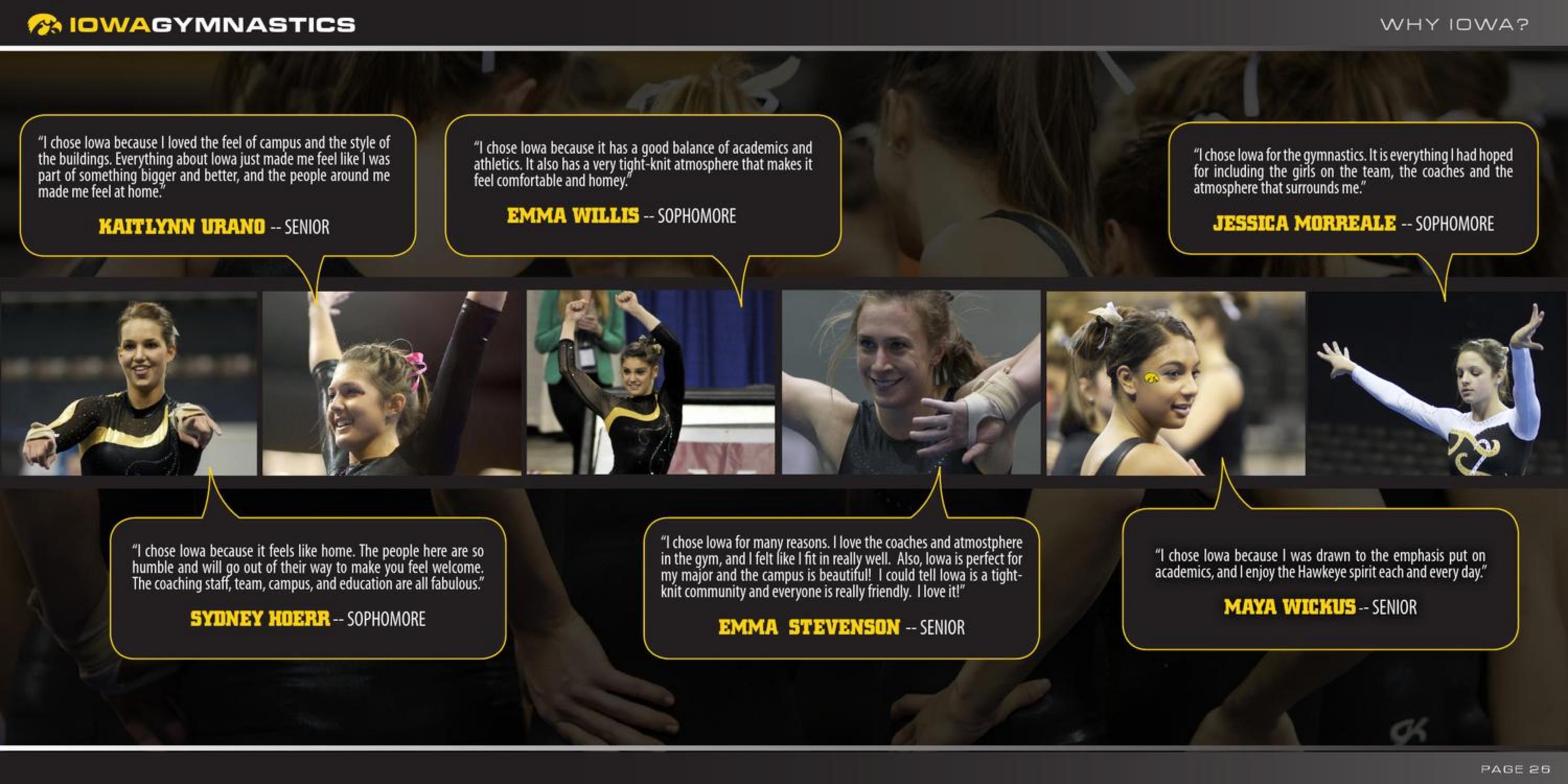
FRESHMAN

CHICAGO, ILL.



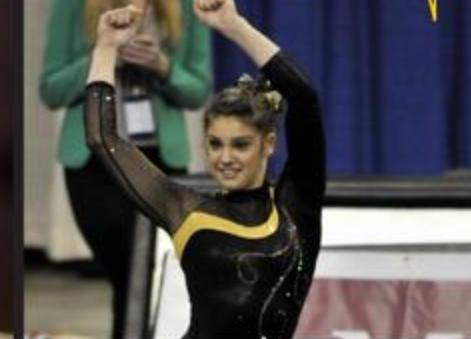
HIGH SCHOOL... Level 10 competitor in 2012... qualified to the 2012 Illinois State Championship... placed sixth all-around and fourth on bars at the 2010 Level 9 Eastern National Championships... trained at Buffalo Grove Gymnastics Center under Teri Crumley... honor roll student every semester of high school.

PERSONAL... Born on 8/12/94... parents are Tim Chambers and Donna Primack, a University of Iowa alum... elementary education major.



"I chose Iowa because I loved the feel of campus and the style of the buildings. Everything about Iowa just made me feel like I was part of something bigger and better, and the people around me made me feel at home."

KAITLYNN URANO -- SENIOR



"I chose Iowa because it feels like home. The people here are so humble and will go out of their way to make you feel welcome. The coaching staff, team, campus, and education are all fabulous."

SYDNEY HOERR -- SOPHOMORE

"I chose Iowa for many reasons. I love the coaches and atmosphere in the gym, and I felt like I fit in really well. Also, Iowa is perfect for my major and the campus is beautiful! I could tell Iowa is a tight-knit community and everyone is really friendly. I love it!"

EMMA STEVENSON -- SENIOR

"I chose Iowa because I was drawn to the emphasis put on academics, and I enjoy the Hawkeye spirit each and every day."

MAYA WICKUS -- SENIOR



The University of Iowa women's gymnastics team takes great pride in being able to give back to the Iowa City community and participate in various community service activities. In conjunction with several activities, the team selects one major cause to be involved with. For the fourth consecutive year, the GymHawks put their efforts behind the Ponseti races, with the proceeds going to clubfoot research. The team also helped build a haunted house for local youth. The GymHawks are always one of the first to jump at an opportunity to help others.



Ponseti Races



Halloween Haunted House



"Achieve Your Dreams"



Bicycle/Moped Helmet Awareness



Light the Night



Elementary School Volunteers





Iowa City is a media saturated environment. With no professional teams in the area, the Hawkeyes garner extensive coverage from newspapers, television and the Internet.

BLOG

A member of the Iowa gymnastics staff offers interactive content live from every event throughout the season via the Official Iowa Gymnastics Blog. This feature gives diehard Hawkeye fans the opportunity to voice their opinion by submitting questions and comments, while receiving up-to-the-minute play-by-play, notes and stats about the meet and Hawkeyes. The live blog begins approximately 15 minutes before each competition and runs throughout the meet.

TELEVISION

With the launch of the Big Ten Network, the Big Ten is the only conference in the country that has its own national network devoted to Big Ten programming. In addition to the Big Ten Network, the Hawkeyes have had meets on CSTV and Mediacom the past couple seasons.

HAWKEYESPORTS.COM

Media and fans can also obtain a wealth of up-to-date information about the Hawkeyes on the official web site of the University of Iowa -- hawkeyesports.com. Live stats (gametracker), box scores, play-by-play, photo galleries, coach and bio information, video, podcasts and more can be found on the web site. The gymnastics team also has its own Facebook and Twitter site.

Furthermore, hawkeyesports.com has a fresh look after the site was re-designed and re-launched in October 2010. The new and improved site has enhanced graphics, is easier to navigate, and has more content and video/audio for the diehard Hawkeye fan.



NEWSPAPER COVERAGE

Fans can also read about Hawkeye action in several newspapers/web sites throughout the state of Iowa. A few of the papers that cover the Hawkeyes on a regular basis include: The *Des Moines Register*, the *Iowa City Press-Citizen*, the *Cedar Rapids Gazette*, the *Quad City Times*, *The Daily Iowan*, the *Voice of The Hawkeyes*, the *Burlington Hawkeye*, the *Waterloo Courier*, and the *Moline Dispatch*.



Last season, the Gymhawks appeared on the Big Ten Network on two occasions. Big Ten gymnastics can be seen worldwide in high-definition (HD) on BTN and on [BTN.com](#).

In June 2006, the Big Ten announced the creation of the Big Ten Network, a national network devoted to Big Ten athletic and academic programs. Available to all cable and satellite providers nationwide, with most programs offered in stunning high-definition television (HDTV), the network allows fans to see their home teams, regardless of where they live.

The Network currently has agreements with more than 250 affiliates, including AT&T U-Verse, Charter, Comcast, Cox (Cleveland), DirecTV, DISH Network, Insight, Mediacom, Time Warner Cable and Verizon FiOS. Available to approximately 70 million households nationwide, the Big Ten Network is the first nationally distributed network dedicated to covering one of the premier collegiate conferences in the country. With approximately 350 live events, and nearly all of them in high definition, the network is the ultimate destination for Big Ten fans and alumni across the country, allowing them to see their favorite teams, regardless of where they live.

The network operates 24 hours a day, 365 days a year, showcasing a wide array of classic-to-current sports and televising more Olympic sporting events and women's sports than has ever been aired on any other network.



**ALL-AMERICAN SELECTIONS**

Stephanie Gran	2004
Alexis Maday	2002-04
Rebecca Simbhudas	2010
ACADEMIC ALL-AMERICAN TEAM	
Kim Baker	1996
Katie Burke	2005-06
Meridith Chang	1994
Michelle Conway	2004
Rachel Corcoran	2012
Heather Fomon	2009-10
Kelly Galau	2010
Houy Gebeshian	2009-10
Elizabeth Grajewski	2006
Stephanie Gran	2002-04
Jessa Hansen	2010-12
Andrea Hurlburt	2009-10
Tiffany Kwan	2004
Danielle Legeai	2004
Brandi Loffer	2009
Brittany Logan	2009
Rachel Nash	2009-10
Kara Pinjuv	2006
Annie Rue	2003-05
Melissa Saliba	2003-04
Sandy Stengel	1994
Arielle Sucich	2010
Annie Szatkowski	2009-12
Nicole Wong	2003-04
Allyson Zipse	2005-06

REGIONAL COACH OF THE YEAR

Larissa Libby	2009
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REGIONAL ASSISTANT COACH OF THE YEAR

Caleb Phillips	2011
Linas Gaveika	2011

BIG TEN MEDAL OF HONOR

Kim Baker	1996
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BIG TEN COACH OF THE YEAR

Mike Lorenzen (co)	2001
Mike Lorenzen (tri)	2004
Larissa Libby (co)	2008

BIG TEN GYMNAST OF THE YEAR

Lori Cole	1991
Alexis Maday	2004

BIG TEN FRESHMAN OF THE YEAR

Kim Baker	1993
Giselle Boniforti	1998
Alexis Maday	2001

ALL-BIG TEN SELECTIONS

Janna Alexandrova	2001
Kim Baker	1994-96
Katie Burke	2007
Giselle Boniforti	1998-2000
Lori Cole	1989-91
Corynne Cooper	2002
Tesla Cox	2012
Houry Gebeshian	2009-2011
Liz Grajewski	2005-06
Stephanie Gran	2001, 2003-04
Jessa Hansen	2010-11
Wendy Hussar	1985
Tracy Junker	1989
Alexis Maday	2001-04
Kris Meighan	1985
Kara Pinjuv	2007
Annie Rue	2003
Jenifer Simbhudas	2007-09
Rebecca Simbhudas	2010-11
Sandy Stengel	1991
Emma Stevenson	2012
Katie Turcotte	2007
Kortny Williamson	2004
Robyn Zussman	1989

ACADEMIC ALL-BIG TEN TEAM

Janna Alexandrova	2002
Kim Baker	1994-96
Stephanie Benson	2001-02
Carey Betcher	1990
Misti Blackledge	1993, 1995
Kim Burkard	1987-88
Katie Burke	2005-09
Stacy Burns	1990-92
Meredith Chang	1992, 1994
Tiffany Chapman	1997
Corynne Cooper	2002
Rachel Corcoran	2010-12
Heather DeAtley	2001-02
Beth Dilick	2005-07
Jenny Donar	2008-10
Jennifer DuBois	1987-88
Jordan Eszlinger	2010-12
Michele Ford	2001-02
Heather Fomon	2010
Kelly Galau	2010
Houry Gebeshian	2010-11
Joni Goldwasser	1987
Liz Grajewski	2004-06
Stephanie Gran	2002-04
Jessa Hansen	2010-12
Carie Hatch	1996-98
Jamie Lynne Hedley	1990-92
Angie Hungerford	1999-2002
Andrea Hurlburt	2010-11
Tracy Junker	1989-91
Kelley Kello	2002
Brandy Killian	2002-04
Tiffany Kwan	2004
Jessica Kyanka	2002
Betsy Lam	1998-2000
Grace Lee	1996-98
Danielle Legeai	2005-07
Mindi Levitz	2002-05
Brittany Logan	2008-09
Alexis Maday	2002
Stephani Martinsen	1992

LOU GINSBERG HUMANITARIAN AWARD

Named for former Hawkeye loyalist and athlete Lou Ginsberg, this award is presented to the student-athlete possessing the humanitarian qualities that include kindness, compassion, empathy, warmth and a commitment to helping others.

Stephanie Smith	1987
Martie Janovich	1990
Cindy, Cathy Terrell	1995
Elizabeth Bryant	1999

**VAULT**

1. 49.525 at Utah 2004
2. 49.450 at Maryland 2004
3. 49.400 at Illinois 2003
4. 49.375 vs. NC State 2004
5. 49.350 at Washington 2004

UNEVEN BARS

1. 49.425 vs. Illinois State 2001
2. 49.350 vs. Iowa State 2003
- 49.350 at Minnesota 2003**
4. 49.300 at Maryland 2004
- 49.300 vs. NC State 2004
- 49.300 vs. Iowa State 2001

BALANCE BEAM

1. 49.425 at Illinois State 2004
2. 49.350 at Southern Utah 2003
- 49.350 at Illinois 2001
4. 49.300 vs. Michigan State 2003
5. 49.275 vs. Minnesota 2004

FLOOR EXERCISE

1. 49.550 vs. Iowa State 2004
2. 49.475 at Maryland 2004
- 49.475 vs. Michigan 2004
4. 49.450 vs. Minnesota 2004
- 49.450 at Washington 2004

TEAM

1. 197.150 .. at Maryland 2004
2. 196.900 .. at Washington 2004
3. 196.850 .. at B1G Champ's 2003
4. 196.800 .. at Illinois 2003
5. 196.775 .. vs. NC State 2004

**VAULT**

1. Kim Baker	10.0 (2x)	1996
Stephanie Gran	10.0 (3x)	2001-03
2. Alexis Maday	9.975 (2x)	2004
Stephanie Gran	9.975	2004
3. Stephanie Gran	9.950 (4x)	2001-04
Alexis Maday	9.950 (4x)	2002-04
Kortny Williamson	9.950 (2x)	2004
4. Kim Baker	9.925	1995
Alexis Maday	9.925	2001
Stephanie Gran	9.925 (3x)	2004
Kortny Williamson	9.925	2004
Houry Gebeshian	9.925	2011
Maya Wickus	9.925	2011

UNEVEN BARS

1. Alexis Maday	9.975 (3x)	2004
2. Giselle Boniforti	9.950 (3x)	1998, 2000
Annie Rue	9.950	2003
Alexis Maday	9.950 (9x)	2002-04
3. Giselle Boniforti	9.925 (4x)	1998-01
Alexis Maday	9.925 (6x)	2001-04
Annie Rue	9.925	2002
4. Giselle Boniforti	9.900 (7x)	1998-01
Alexis Maday	9.900 (8x)	2001-04
Brandy Killian	9.900	2001
Nicole Wong	9.900 (2x)	2003-04
Annie Rue	9.900	2003
Brandi Loffer	9.900	2009
Rebecca Simbhudas	9.900	2011
Emma Stevenson	9.900	2012

ROBERT F. BAY FACULTY REPRESENTATIVE AWARD

Named for former Dean and UI Faculty Representative to the Big Ten Conference Robert F. Ray, this award is presented to the senior student-athlete who has demonstrated outstanding academic excellence, athletic excellence and leadership. Prior to 1992, a female student-athlete winner was selected every other year.

Kim Baker

1996

BALANCE BEAM

1. Janna Alexandrova	9.975 (2x)	2001-02
2. Alexis Maday	9.950	2004
Houry Gebeshian	9.950	2010
3. Janna Alexandrova	9.925 (3x)	2001-03
Kelley Kello	9.925	2002
Stephanie Gran	9.925	2004
Rebecca Simbhudas	9.925	2009
4. Robyn Gamble	9.900	1997
Janna Alexandrova	9.900 (3x)	2001-03
Stephanie Gran	9.900 (4x)	2001-04
Jessa Hansen	9.900	2012
Alexis Maday	9.900 (6x)	2003-04
Annie Rue	9.900	2003
Danielle Legeai	9.900	2004
Houry Gebeshian	9.900 (2x)	2008
Rebecca Simbhudas	9.900 (4x)	2011

FLOOR EXERCISE

1. Alexis Maday	9.975 (2x)	2001, 04
Stephanie Gran	9.975	2004
2. Kim Baker	9.950	1996
Jessa Hansen	9.950	2011
Alexis Maday	9.950 (6x)	2001-04
Stephanie Gran	9.950 (6x)	2003-04
Liz Grajewski	9.950	2004
Jenifer Simbhudas	9.950	2008
3. Alexis Maday	9.925 (9x)	2001-04
Stephanie Gran	9.925 (9x)	2001-04
Kortny Williamson	9.925	2004
Jenifer Simbhudas	9.925 (x2)	2009
Jessa Hansen	9.925	2011

SCHOLAR ATHLETE OF THE YEAR

Each spring at the All-Sports Banquet the member of the senior class sporting the highest grade point average among all student-athletes is named the Scholar Athlete of the Year. Graduating seniors with a cumulative GPA of 3.50 or better are also recognized as members of the All-Academic Team.

Jamie Lynne Headley 1992

Kim Baker 1996

ALL-AROUND

1. Alexis Maday	39.750	2004
2. Alexis Maday	39.675	2004
3. Alexis Maday	39.650 (5x)	2001-04
Stephanie Gran	39.650	2004
4. Alexis Maday	39.625	2002
5. Alexis Maday	39.600	2001
Stephanie Gran	39.600	2004
6. Stephanie Gran	39.575	2004
7. Alexis Maday	39.550 (2x)	2003-04
Stephanie Gran	39.550	2004
8. Kim Baker	39.525	1996
Giselle Boniforti	39.525	1998
Stephanie Gran	39.525 (2x)	2001, 04
Alexis Maday	39.525	2003
Jenifer Simbhudas	39.525	2009
Rebecca Simbhudas	39.525	2011
9. Alexis Maday	39.500	2001
Annie Rue	39.500	2002
Stephanie Gran	39.500	2003

DR. PATRICIA HICKS AWARD

Named for long-time women's team physician Pat Hicks, who died of cancer in November 1992. The recipient is a student-athlete who has succeeded in overcoming adversity and has shown perseverance and great strength of character.

Misti Blackledge 1994



GARY BARTA ATHLETIC DIRECTOR

Now in his seventh year as director of athletics at the University of Iowa and his 26th year in athletic administration, Gary Barta manages an athletics program that continues to gain momentum in two key areas -- on the playing field and in the classroom -- while enhancing the infrastructure that will serve as the foundation for future success.

Academically, the UI's federal graduation rate of 74 percent (for student-athletes who enrolled in 2004-05) ties the best ever posted by UI athletics. That mark was a 13-point increase over the previous year and was nine

points above the national average; UI student-athletes will establish another record when the latest figures are released in October. Last fall, the NCAA confirmed that all 24 of Iowa's teams exceeded the Academic Progress Rate (APR) benchmark for the fourth straight year.

In figures released last fall, Iowa's score of 86 percent in the NCAA's "Graduation Success Rate" or GSR, also matched a school record. Five different women's teams at the UI posted perfect 100 GSR scores. Iowa's GSR in football (83), men's (73) and women's (100) basketball all ranked above the national average for their respective sports.

Athletically, Hawkeye teams enjoyed another outstanding year in 2011-12. A significant number of Iowa's 24 programs reached postseason play. The Iowa football team reached bowl eligibility for the 11th straight season and competing in a bowl game for the fourth straight year and 10th time in the last 11 seasons. The women's basketball program participated in the NCAA Tournament for a fifth straight season and men's basketball returned to postseason competition under second-year coach Fran McCaffery, recording an 84-75 win over Dayton in front of 13,190 re-energized fans in Carver-Hawkeye Arena.

The Hawkeye wrestling program, led by national champion Matt McDonough, made another run at a national title before placing third. The men's golf team placed 22nd nationally in its third appearance in the NCAA Championships in the last four seasons. Additionally, the UI men's track and field placed 23rd in the nation and the UI's men's swimming and diving program placed 26th at its national championship.

Iowa's field hockey team advanced to the NCAA Tournament and the Hawkeye softball team placed second in the Big Ten. Between the men's and women's track and field teams, 34 student-athletes

competed at the NCAA Championships and 14 members of the UI men's and women's swimming and diving teams qualified for the Olympic Trials.

And, while the UI athletics department continues to earn high marks in integrity, academic excellence, and athletic performances, Barta also continues to oversee critical improvements and additions to the facilities used by the UI's talented student-athletes while maintaining a balanced and ever-growing operations budget that continues to be self-sustaining.

In addition to the competitive success the Hawkeyes recorded in 2011-12, the UI once again experienced tremendous success at the turnstiles. Iowa has sold every seat in historic Kinnick Stadium in each of the past two seasons, ranking 21st in national attendance both years. The UI will enter the 2012 home football season with all seven home games sold out once again and boasts waiting lists for not only season tickets, but also the premium seating options available inside the Paul W. Brechler Press Box.

Attendance at home games of the UI's men's basketball team has climbed more than 30 percent the last two seasons. Iowa's attendance of 13,190 for a first round NIT game in Carver-Hawkeye Arena ranked as the highest attended game of the 2012 tournament.

The UI wrestling team set another national attendance record by averaging 9,014 fans per home meet in 2011-12, leading the nation in attendance for the sixth straight year. The economic impact of the 2012 U.S. Olympic Wrestling Team Trials, hosted by the UI in Carver-Hawkeye Arena, exceeded \$5 million, according to survey results released by the Iowa City/Coralville Area Convention and Visitors Bureau.

Attendance at home games of the UI's women's basketball games also remained strong as the program once again ranked among national leaders in 2011-12. The UI also registered increases in attendance at home volleyball, soccer, field hockey, women's gymnastics, men's gymnastics, softball and baseball events.

Since 2006, the Hawkeyes have invested more than \$150 million in new and renovated athletic facilities. Upgrades include the restoration of historic Kinnick Stadium and Carver-Hawkeye Arena, as well as a new state-of-the-art aquatics center, a boathouse facility for the UI rowing program and an indoor and outdoor tennis complex. Another \$60 million worth of improvements are underway in the form of the two phase football training center project and an indoor golf performance facility.

In late summer 2011, the UI completed a \$47 million revitalization of Carver-Hawkeye Arena. That project included the construction of a practice facility for men's and women's

2012. Phase I includes the new indoor practice facility for Coach Kirk Ferentz' program that has competed on 10 bowl games over the past 11 seasons. Phase II includes construction of the new Iowa Football Operations Center, which will include new team locker rooms, team meeting rooms, athletic medical training space, video operations, and coaches offices and meeting rooms. Funded entirely through private support and revenue generated by the UI Athletics Department, the project is an important next phase of the master facilities plan for Hawkeye football. It will be constructed adjacent to the Ron and Margaret Kenyon Outdoor Practice Facility, immediately west of Kinnick Stadium and will be connected to the new indoor practice facility.

The 2010-11 season marked the first for the men's and women's swimming and diving teams in the UI's \$69 million Campus Recreation and Wellness Center. The Hawkeyes hosted the 2012 Big Ten Championships and the UI men's squad responded by earning its highest Big Ten finish in 15 seasons.

Another of the latest additions to the facilities available to the UI's student-athletes is the Varsity Golf Complex practice facility for the men's and women's golf programs. Located at the southern edge of the UI's award-winning Finkbine Golf Course, the facility is expected to be completed for use this winter. It will provide the Hawkeyes a state-of-the-art facility that offers the opportunity for year-round training and practice.

Barta's involvement in the UI campus community extends beyond intercollegiate athletics. He is a member of the President's Cabinet, comprised of vice presidents and other campus leaders, that provide counsel to UI President Sally Mason. That group was instrumental in the UI's response to record-setting flooding that besieged the campus and the Iowa City and Coralville community in June 2008.

Barta also represents the UI and the Hawkeyes at the conference and national level. During his first six years at the UI, he has participated in the creation and implementation of the Big Ten Network, the expansion of the Big Ten Conference and realignment of athletics conferences nationally, and the Big Ten's postseason bowl game agreements that were successfully implemented in 2010.

Nationally, Barta remains active in the Division IA Athletics Directors Association, the National Association of College Directors of Athletics, and currently serves on the NCAA Football Committee Board of Directors.

Barta often suggests to his staff that "Hope is not a strategy," which is why he is currently overseeing a comprehensive review of the strategic plan for the UI Athletics Department and has worked with the UI's leadership on a long-term financial plan.

Another favorite saying of his is, "Vision without resources is irrelevant." Over the course of his career he has been directly involved in raising hundreds of millions of dollars in support of intercollegiate athletics. This has remained a primary focus during his tenure at Iowa, where private support for the Hawkeyes continues to flourish despite a challenging economy.

Under Barta's leadership -- and thanks to a talented athletics development staff -- the UI has seen year-over-year improvement in annual giving in spite of the difficult economic environment. In addition, under Barta's direction, the UI generated more than \$20 million of philanthropic and corporate sponsorship support for the revitalization of Carver-Hawkeye Arena and has already surpassed that level of support for the current football projects.

The UI also generated the \$2 million in private support necessary to fully fund the Hawkeyes' new practice facility for its men's and women's golf programs.

As the director of athletics at the University of Wyoming for three years, seven different UW coaches were named Mountain West Conference Coach of the Year. He also spearheaded a fund-raising effort that netted the Cowboy athletics program \$11 million in private support and \$11 million in matching state fund.

As the senior associate athletics director at the University of Washington, he directed the "Campaign for the Student-Athlete," was a participant in the design, construction and/or renovation of several UW athletics facilities, including Bank of America Arena and the Dempsey Indoor Practice Facility. In addition to almost doubling the amount of annual private support received by UW, Barta also managed the department's external relations division, a task that included corporate sponsorship and radio contracts.

His responsibilities at Washington expanded over time to include hiring of coaching and administrative staff, and the day-to-day oversight of several Huskie sport teams.

The roots of his development experience extend to his first two positions: director of athletics development and external relations at the University of Northern Iowa and director of development at his alma mater, North Dakota State University.

Barta earned a Bachelor of Science degree in mass communication and broadcast journalism from NDSU in 1987. He was an option quarterback for Bison football squads that won the Division II NCAA National Championship in 1983, 1985 and 1986.

Barta, and his wife, Connie, have a son, Luke (14) and a daughter, Madison (12). He was born Sept. 4, 1963, in Minneapolis.



IOWA CONTINUES TO BUILD FOR SUCCESS

The UI Department of Athletics is under the direction of Gary Barta and is regarded as one of the top intercollegiate programs in the nation. Once again, the Hawkeyes enjoyed success both athletically and academically in 2011-12.

Academically, the UI's federal graduation rate of 74 percent (for student-athletes who enrolled in 2004-05) ties the best ever posted by UI athletics. That mark was a 13-point increase over the previous year and was nine points above the national average; UI student-athletes will establish another record when the latest figures are released in October. Last fall, the NCAA confirmed that all 24 of Iowa's teams exceeded the Academic Progress Rate (APR) benchmark for the fourth straight year.

Athletically, Hawkeye teams enjoyed another outstanding year in 2011-12. A significant number of Iowa's 24 programs reached postseason play. The Iowa football team reached bowl eligibility for the 11th straight season and competed in a bowl game for the fourth straight year and 10th time in the last 11 seasons. The women's basketball program participated in the NCAA Tournament for a fifth straight season and men's basketball returned to postseason competition under second-year coach Fran McCaffery.

In late summer 2011, the UI completed a \$47 million revitalization of Carver-Hawkeye Arena. That project included the construction of a practice facility for men's and women's basketball and volleyball, a 10,000-square-foot strength training and cardiovascular center, and an expansion to the Dan Gable Wrestling Complex, in addition to new locker room and support facilities for men's and women's basketball, wrestling and volleyball programs, and office space for the majority of Iowa administrative and coaching staffs.

Phase I of a two-phase project for the UI football program was completed in August, 2012. Phase I includes the new indoor practice facility for Coach Kirk Ferentz' program that has competed on 10 bowl games over the past 11 seasons. Phase II includes construction of the new Iowa Football Operations Center, which will include new team locker rooms, team meeting rooms, athletic medical training space, video operations, and coaches offices and meeting rooms. Funded entirely through private support and revenue generated by the UI Athletics Department, the project is an important next phase of the master facilities plan for Hawkeye football.

IOWA WRESTLING

The Hawkeye wrestling team -- the national attendance leader in each of the last six seasons -- continued its dominance on the mat, finishing third at the NCAA Championships. Six Hawkeyes earned All-America accolades in 2012, including two-time national champion Matt McDonough. Iowa has claimed 23 national championships and 34 Big Ten titles in its 102-year history.

IOWA FOOTBALL

Iowa football continued its stellar play, finishing in the upper division of the Big Ten for the 10th time in the last 11 years. The Hawkeyes reached bowl eligibility for the 11th straight season and competed in the postseason for the fourth straight year.

**IOWA WOMEN'S BASKETBALL**

The women's basketball team won its final eight games of the regular season to finish tied for second in the Big Ten and earn an at-large bid into the NCAA Tournament. Head Coach Lisa Bluder has now led Iowa to five-straight NCAA Tournament appearances.

IOWA MEN'S TRACK AND FIELD

The men's track and field team recorded a pair of top 25 finishes at the NCAA Indoor and Outdoor Championships. The Hawkeyes crowned four Big Ten champions and nine All-Americans, including Erik Sowinski, who placed second in the 800 meters at the NCAA Championships.

IOWA MEN'S GOLF

Head coach Mark Hankins led the Hawkeyes to their third NCAA Championships appearance in the last four years. Iowa collected another top-25 national finish and multiple individuals earned honors throughout the season.

IOWA MEN'S BASKETBALL

Second-year head coach Fran McCaffery led the Hawkeyes to 18 wins and an NIT bid a year ago. Iowa improved by seven wins from 2011 to 2012, as McCaffery continued to demonstrate his ability to rebuild programs and reenergize the fan base -- Iowa's attendance increased for the second straight year and ranked No. 31 nationally.

IOWA SWIMMING AND DIVING

The Iowa men's swimming and diving team posted its best finish in 17 years, placing fifth in the Big Ten and 26th at the NCAA Championships. The Hawkeye won a pair of Big Ten relay titles and five student-athletes went on to garner honorable mention All-America accolades. On the women's team, freshman Becky Stoughton became the first UI swimmer to earn Big Ten Freshman of the Year honors, and she was the first Hawkeye women's swimmer to earn All-America honors since 2005.

DID YOU KNOW...

45 percent of UI students are from out of state

Ten University of Iowa graduate programs and colleges ranked among the 10 best in the nation.
—U.S. News & World Report's America's Best Graduate Schools, 2013

With over 30,000 students in a city of roughly 75,000, UI offers a different atmosphere than many other universities in the Big Ten or the Midwest.

The unemployment rate in Iowa City (4 %) ranks among the nations' lowest.
(May, 2012).

**CULTURAL DIVERSITY AT THE UNIVERSITY OF IOWA**

The University of Iowa has worked hard to assure that students of all races, creeds, and backgrounds are represented in the student body. In the past five years, Iowa has moved aggressively towards its goal of creating communities of African American, Hispanic/Latino (a), Asian American, and Native American students, and making the University a stimulating, welcoming place.

Building on a rich tradition of excellence and innovation, the University of Iowa is educating more than 30,000 students annually, preparing them for success immediately following graduation, as well as continued achievements throughout their lives.

The University of Iowa offers more than 100 areas of undergraduate and graduate study, including seven professional degree programs, through its 11 colleges: the colleges of Liberal Arts and Sciences, Business, Dentistry, Education, Engineering, Law, Medicine, Nursing, Pharmacy and Public Health, and the Graduate College. The University also provides on-campus and distance learning opportunities through its division of Continuing Education.

Long recognized as one of the nation's leading centers for the arts, creative writing, space physics, hydraulics, basic health and science research, and communication studies, the University of Iowa is also developing new strengths in informatics, nanoscience, simulation technology, and other fields.

The University of Iowa has maintained its tradition as an innovator with its pioneering work in speech pathology, science and medicine. It's also known internationally for being home of one of the nation's largest public university owned hospitals.

The Center for Diversity and Enrichment is a coordinated university-wide resource for creating and maintaining this campus diversity and providing opportunities for all University students interested in other cultures. Scholarships, fellowships, and support programs help to make this possible. International Programs brings together scholars from around the world and UI students looking to expand their perspectives by studying abroad or exploring global issues on campus. International students at the University of Iowa represent more than 100 countries.

HOW THE UNIVERSITY OF IOWA MEASURES UP

"Designated as a "best buy" eight years in a row" — *Fiske Guide to the Colleges*, 2013

28th best public national university — *U.S. News & World Report*, 2012

"Professors make themselves accessible and possess a genuine interest in students' experiences," — *Insider's Guide to the Colleges*, 2012

10 University of Iowa graduate programs and colleges ranked among the 10 best in the nation — *U.S. News & World Report's America's Best Graduate Schools*, 2012-13

University of Iowa Hospitals and Clinics ranked as one of "America's Best Hospitals" — *U.S. News & World Report*, 2012

One of the top five college towns in America among cities under 250,000 — *American Institute for Economic Research, College Destination Index*, 2010-11



CONSIDER THE COMMUNITY

Some universities offer the large city atmosphere. Others offer the college town experience. The University of Iowa is uniquely situated to offer student athletes the very best of both of these different worlds.

Once the state capital, Iowa City is considered one of the truly great college towns in America. The city swells with excitement on game day when nearly 16,000 Hawkeye fans from across the state and Midwest converge on Carver-Hawkeye Arena to cheer the Hawkeyes to another victory.

Iowa City's downtown area is alive and thriving. Restaurants, shops and sidewalk cafes face onto pedestrian malls full of people watchers, street entertainers and food vendors.

Attractive in size and friendliness, Iowa City is big in the sense that it offers all the advantages and conveniences of much larger metropolitan areas like summer and permanent employment opportunities, live entertainment and concerts, fine dining and shopping, industry and commerce.

Iowa City is located in the heart of eastern Iowa, within easy driving distance of several major Midwestern cities including the state capital, Des Moines, as well as Chicago, St. Louis, Omaha, Kansas City, Minneapolis and Milwaukee.

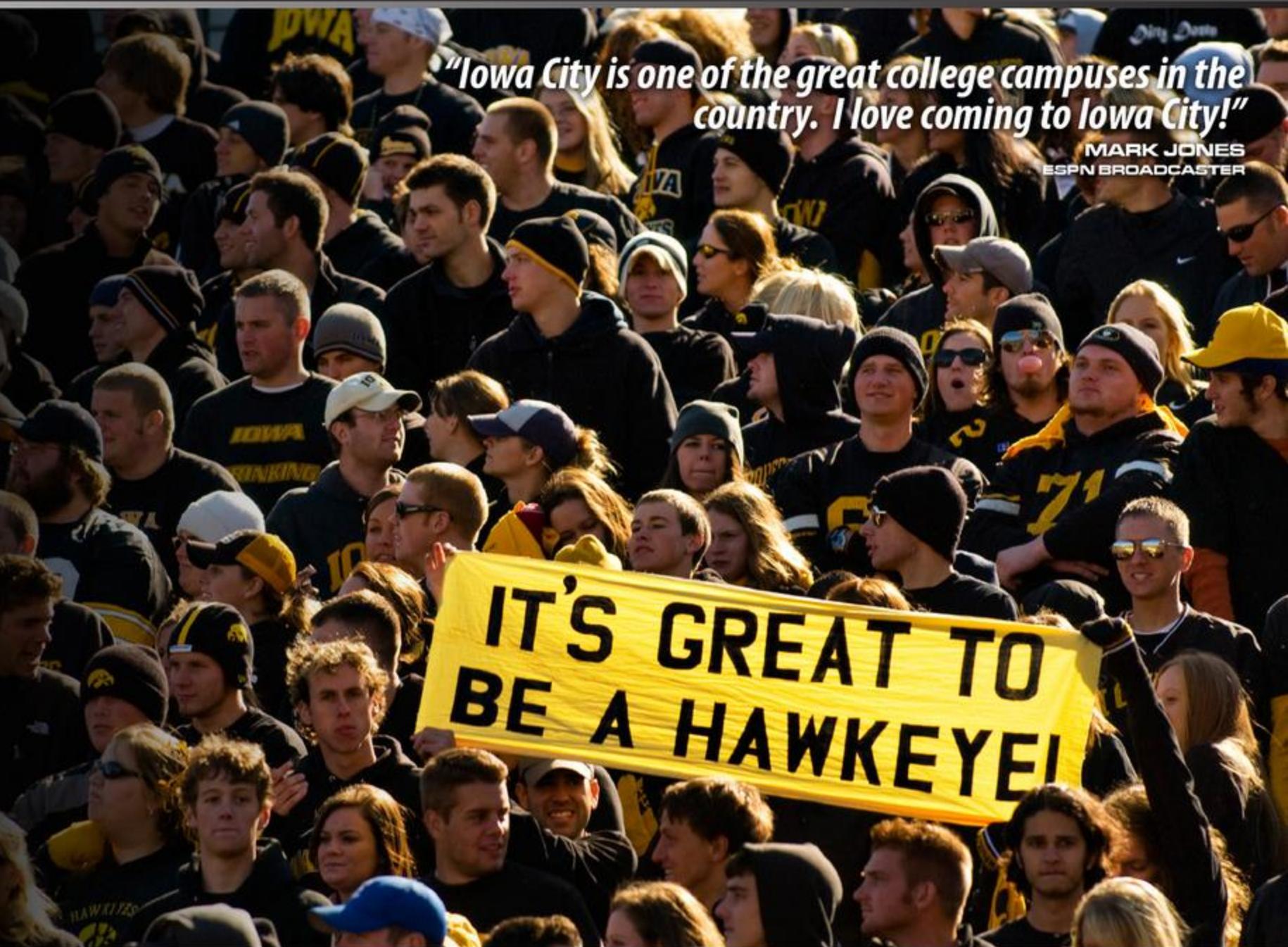


"Iowa City is unlike any other place in the state, both because of its regional beauty and because of its independent, serendipitous spirit."

"There's nothing like feeling the crisp air as one tours the Big Ten campus, just as there's no other feeling like walking the shores along Lake MacBride, north of town. This is an ideal location for a weekend trip filled with sights, sounds, shopping and plenty of activities on any given weekend."

If there is a star in Iowa, Iowa City is it."

-- DES MOINES SUNDAY REGISTER

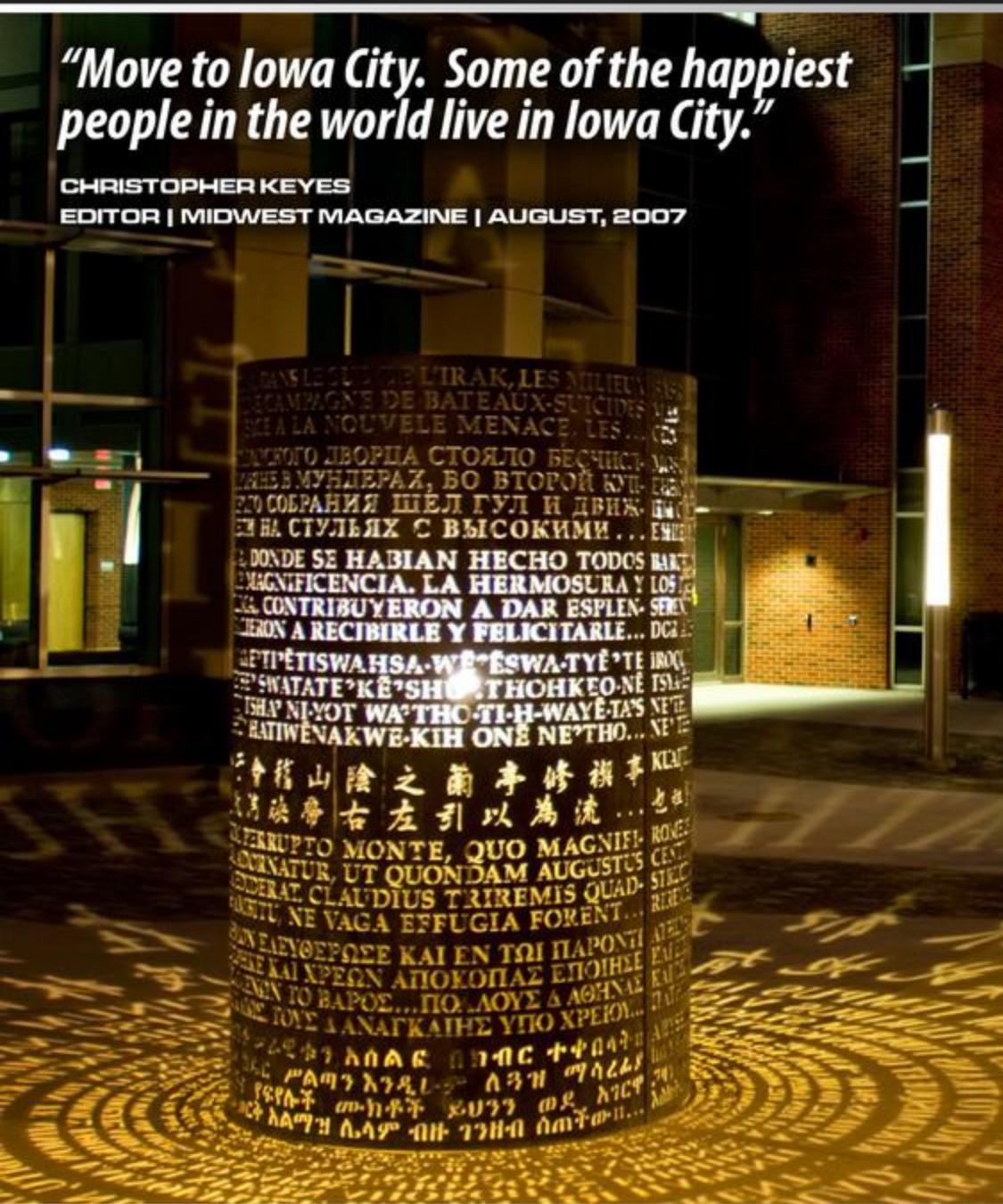


"Iowa City is one of the great college campuses in the country. I love coming to Iowa City!"

MARK JONES
ESPN BROADCASTER

"Move to Iowa City. Some of the happiest people in the world live in Iowa City."

CHRISTOPHER KEYES
EDITOR | MIDWEST MAGAZINE | AUGUST, 2007



IOWA CITY: THE BEST PLACE TO LIVE

- One of 50 "Best Places to Live and Play"
National Geographic Adventure
- #18 among the top 25 green cities in the country
-- *Country Home*
- Healthiest Town in the United States
-- *Men's Journal*
- Iowa City ranks 8th out of 179 on best performing small cities list
-- *Milken Institute*, October 2011
- Iowa City named third-best major metropolitan area in the country for college students
-- *American Institute for Economic Research*, August 2011
- Iowa City ranks 3rd for volunteer rate (mid-sized cities) -- *"Volunteering in America"*, Corporation for National & Community Service, August 2011
- "Top Towns for Jobs," -- *MSN CareerBuilder*, January 2010
- Iowa City is ranked as one of America's Top 100 Adventure Cities -- *National Geographic Adventure*, October 2009
- Iowa City/Coralville/North Liberty named an Iowa Great Place -- *Iowa Department of Cultural Affairs*, October 2009
- No. 5 "Best Places to Begin a Career" Metros Under 500,000
-- *Forbes Magazine*, July, 2010
- No. 13 "Top College Towns for Jobs"
-- *Forbes Magazine*, May 2009



A CAMPUS ON THE MOVE

The University of Iowa campus caters to pedestrians and bicyclists; it's compact enough to cross in a 20-minute walk. A free ride on a campus bus can cut that time in half. Entertainment on campus and in Iowa City is geared toward student budgets, with many events offered at no charge. The University of Iowa offers more than 400 student organizations, extensive recreation facilities, 50 fraternities and sororities, and a broad schedule of arts performances, lectures, cultural celebrations and club sports and intramural athletic contests to go along with the intercollegiate competition within the Big Ten Conference.

STUDENT-ORIENTED NIGHT LIFE

Iowa's campus is set right in the city's downtown area, where you'll find dance clubs, movies, coffeehouses, and restaurants to suit every taste. Live music can be found any night of the week in clubs and restaurants, even outside on warm evenings on the downtown pedestrian mall. Iowa City businesses are convenient and geared toward student tastes and needs.





CONSIDER THE OPPORTUNITY FOR A QUALITY EDUCATION

A quality education is one of the highest priorities at the University of Iowa. Just over 90 percent of Johnson County residents have graduated from high school, and in Iowa City nearly half of all residents have earned bachelor's degrees. In fact, census statistics indicate Johnson County is the 10th "smartest" county in the nation, based on percentage of residents holding bachelor's degrees.

The University of Iowa represents a strong presence in the community while enhancing the quality of life in Iowa City.

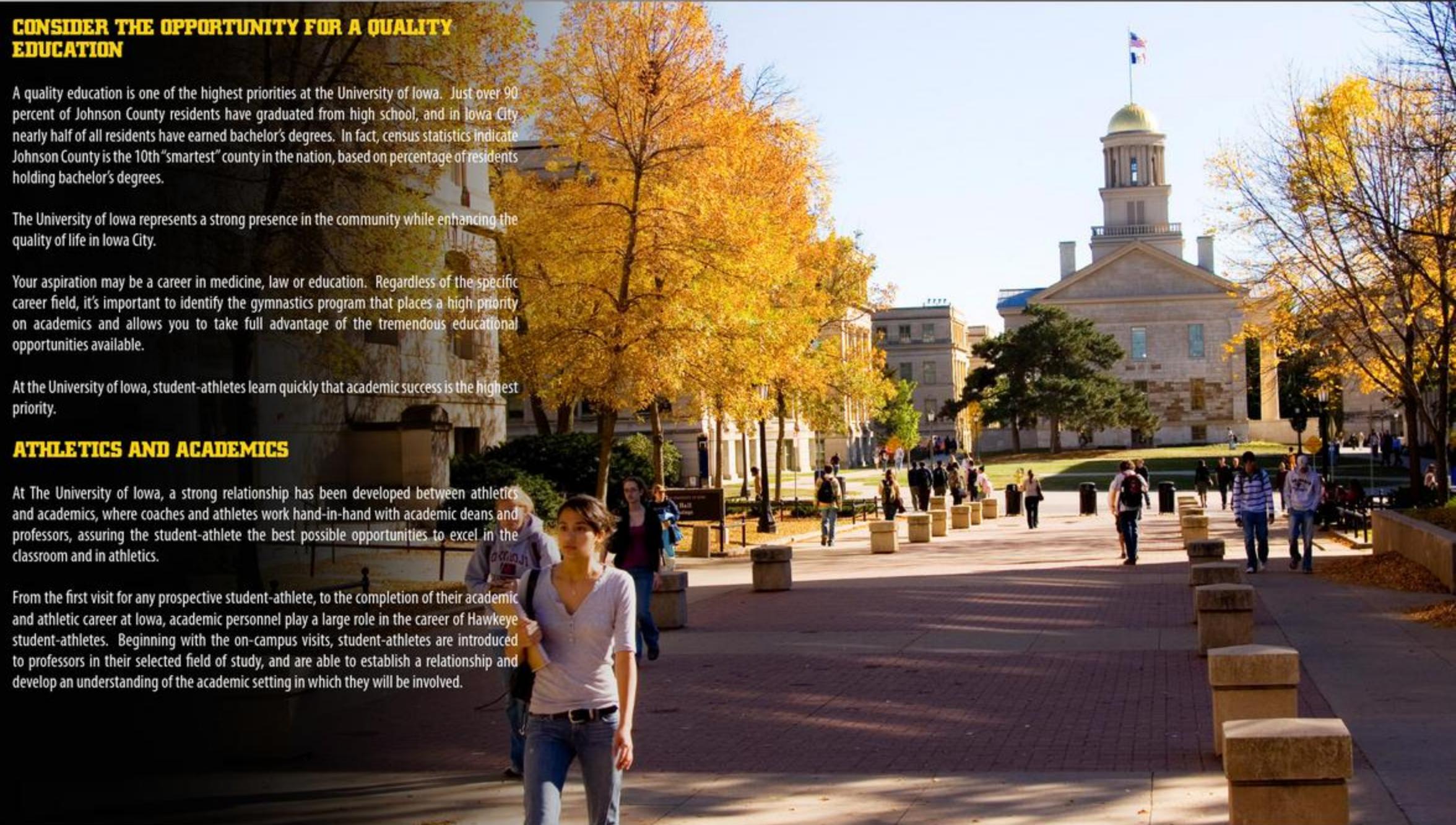
Your aspiration may be a career in medicine, law or education. Regardless of the specific career field, it's important to identify the gymnastics program that places a high priority on academics and allows you to take full advantage of the tremendous educational opportunities available.

At the University of Iowa, student-athletes learn quickly that academic success is the highest priority.

ATHLETICS AND ACADEMICS

At The University of Iowa, a strong relationship has been developed between athletics and academics, where coaches and athletes work hand-in-hand with academic deans and professors, assuring the student-athlete the best possible opportunities to excel in the classroom and in athletics.

From the first visit for any prospective student-athlete, to the completion of their academic and athletic career at Iowa, academic personnel play a large role in the career of Hawkeye student-athletes. Beginning with the on-campus visits, student-athletes are introduced to professors in their selected field of study, and are able to establish a relationship and develop an understanding of the academic setting in which they will be involved.





THE RUSSELL AND ANN GERDIN ATHLETIC LEARNING CENTER

The University of Iowa Russell and Ann Gerdin Athletic Learning Center opened in the fall of 2003. The Learning Center is a multi-level, 20,000-square foot facility, which provides one all-purpose area for the academic pursuits for Iowa's male and female student-athletes. The facility is centrally located on the UI campus for easy access by all student-athletes and staff.

The Learning Center features an auditorium, two classrooms, study lounges for freshmen and upper-class student-athletes, a computer lab, a teaching lab, the athletic library, office space for Iowa's Academic Student Services staff and a display area to recognize the academic accomplishments of Iowa's student-athletes.



When a student-athlete considers her future, she should consider prospects beyond gymnastics. She should consider where she wants to be five, ten, fifteen years from today, and the best course of action for getting there. Also, she should decide early on to commit to excellence in every challenge undertaken.

Without a doubt, the men and women listed here took time to consider their future and the ways to get there. These former University of Iowa undergraduates have gone on to become leaders in their chosen fields.

BUSINESS

Leland C. Adams
Former president, Amoco Production Co.

B.J. Armstrong, Iowa Letterman, 1986-89
Vice-President of Basketball, Wasserman Media Group
NBA All-Star, 1994
Three-time NBA Champion, Chicago Bulls

John J. Balles
Former president, Federal Reserve Bank of San Francisco

Matthew Bucksbaum
Former CEO & Founder, General Growth Properties

Arthur A. Collins
Founder, Collins Radio (Rockwell Collins)

Kathleen A. Dore
President, CanWest Media Works, Toronto, Canada
Former Executive vice president and general manager, Bravo Television Network & the Independent Film Channel

John W. English
Former vice president and chief investment officer, Ford Foundation

Norden Gentry
Iowa Letterman, '58, '59, '60
Attorney, Brick, Gentry, Bowers, Swartz, Stoltze, Scheling and Levis
Des Moines, IA

Leonard Hadley
Former chairman and CEO, Maytag Corporation

H. John Hawkinson
Former president and director of funds, Kemper Financial Services Inc.

Richard O. Jacobson
President, Jacobson Warehouse Co.

Bill Krause
President, Krause Gentle Corp.

Richard Levitt
Chairman & CEO, Nellis Corporation

Frank N. Magid
President, Frank N. Magid Associates, Inc.
Pioneer in market research and media consultation

John Pappajohn
Venture capitalist, entrepreneur, President, Equity Dynamics, Inc.

Gary Seamans
Chairman and CEO, Westell Technologies, Aurora, Ill.

Luther Smith
Aerospace Engineer, pilot Member, Tuskegee Airmen, 1942
World War II Purple Heart and Prisoner of War Medal

Henry B. Tippie
Director, Rollins, Inc.
Chairman of the Board, Dover Motorsports & Dover Downs Entertainment

EDUCATION

Joseph N. Crowley
President, University of Nevada at Reno and former NCAA president

R. Wayne Duke
Former commissioner, Big Ten Conference

E.F. Lindquist
Co-founder, American College Testing (ACT) Program

John B. McLendon
First African-American coach inducted into The Basketball Hall of Fame

Eddie Robinson
Legendary football coach, Grambling State University

Wilbur Schramm
International authority on communications and founder, Iowa Writers' Workshop

Richard Schultz
Executive Director, United States Olympic Committee;
Former Executive Director, NCAA

James Van Allen
World famous space physicist who discovered two radiation belts (the Van Allen Belts) that orbit the earth

ENTERTAINMENT

Diablo Cody
Best Original Screenplay Oscar Award for Juno

Michele M. Crider
Recognized worldwide as a leading soprano
Has performed in all of Europe's major opera houses

Simon Estes
International opera star

John Falsey
Executive producer of television's "Northern Exposure" & "I'll Fly Away"

Jim Foster
Iowa Letterman
Founder and Innovator, Arena Football

AI JARREAU

Grammy Award-winning singer

MARK JOHNSON

Film producer and Oscar Award winner for Rainman

ALEX KARRAS

Former NFL All-Pro, Detroit Lions; actor, Victor, Victoria, Blazing Saddles; "Webster"

BARRY KEMP

Television producer, creator of the hit series "Coach"

SHIRLEY RICH KROHN

Casting director for Kramer vs Kramer, Three Days of the Condor, Taps, Saturday Night Fever

ASHTON KUTCHER

Television and film actor

RICHARD MAIBAUM

Writer of James Bond motion picture scripts

NICHOLAS MEYER

Film writer and director whose film credits include Time After Time, The Seven Per-Cent Solution and Star Trek II, IV and VI

DAVID MILCH

Creator, Hill Street Blues, NYPD Blue and other television series
Three-time Emmy Award recipient
Founder, Redboard Productions

MARIAN REES

Producer of television films
Owner, Marian Rees and Associates

BRANDON ROUTH

Actor, Superman
Has performed in all of Europe's major opera houses

GENE WILDER

Actor, Silver Streak, Young Frankenstein, Stir Crazy

JOHN FALSEY

Executive producer of television's "Northern Exposure" & "I'll Fly Away"

JIM FOSTER

Iowa Letterman
Founder and Innovator, Arena Football

GOVERNMENT

DAVID BONIOR

U.S. House of Representatives, MI Clemons, Mich.

TERRY BRANSTAD

Governor, state of Iowa

GENERAL CHARLES A. HOMER

Architect of the US air war against Iraq during the Persian Gulf War/Desert Storm

ALAN LARSON

Assistant to Secretary of State for Economic, Business, and Agricultural Affairs

RUTH VAN ROECKEL McGREGOR

Chief Justice of the Arizona Supreme Court, 2005 recipient, American Judicature Society's Dwight D. Opperman Award for Judicial Excellence

TRUDY HUSKAMP PETERSON

Acting Archivist of the United States, 1993-95

MARY LOUISE SMITH

Noted political party leader and civil rights proponent

JUANITA KIDD STOUT

First African-American woman elected to a state Supreme Court

LITERATURE

MARVIN BELL

Iowa Poet Laureate
Iowa Writers Workshop faculty member and mentor from 1965 until retirement in 2005

MILDRED WIRT BENSON

Author of 23 Nancy Drew mysteries and first woman to receive master's degree in journalism at Iowa

T.C. BOYLE

Author of 11 Novels & eight short story collections
Winner of numerous literary awards, including five O. Henry Awards

MAX ALLAN COLLINS

Writer of the comic strip Dick Tracy, 1977-92
American mystery writer, including the graphic novel Road to Perdition

PAUL ENGLE

Poet
Founder of the University of Iowa's International Writing Program
Director of the Iowa Writers' Workshop (1941-65)

JOHN IRVING

Writer, The World According to Garp, A Son of the Circus; Hotel New Hampshire; A Prayer for Owen Meany

CHARLES GUGGENHEIM

Documentary filmmaker, Peabody and Oscar award winner

W.P. KINSELLA

Writer, Shoeless Joe

MARGARET WALKER

Writer, Jubilee

MEDIA

ALAN ABELSON

Editor, Barron's

TONY BROKAW

Former anchorman, NBC News

PAUL BURMEISTER

Iowa Letterman, 1992-93
Sports anchor/reporter
The NFL Network

JOHN COCHRAN

Correspondent, ABC News

PAUL CONRAD

Political cartoonist and three-time winner of the Pulitzer Prize

WAYNE DREHS

General assignment writer, espn.com

BRETT DOLAN

Broadcaster, Houston Astros

GEORGE GALLUP

Founder, The Gallup Poll

DR. JOHANN L. EHRENHAFT

Pioneer in field of open heart surgery

CHARLES GUGGENHEIM

Documentary filmmaker, Peabody and Oscar award winner

TOM BROKAW

Former Anchorman, NBC News

DON NELSON

All-time winningest coach in NBA history

MARK SHAPIRO

Former Executive Vice-President, ESPN

EDDIE ROBINSON

Former Football Coach
Grambling State University

Dr. Robert C. Hardin

Developed blood bank protocols during WW II based on seminal work on blood preservation

Dr. Don H. O'Donoghue

Sports medicine pioneer

Dr. Emory D. Warner

World recognized pathologist

FIRST ADVANCED DEGREES IN THE UNITED STATES

African-Americans who received advanced degrees from the University of Iowa, who were also the first in the United States to receive that particular degree:

Alexander Clark, Jr.
1879, law degree

Elizabeth Catlett
1940, master's in art

Lulu Johnson
1941, Ph.D. in history

Oscar Anderson Fuller
1942, Ph.D. in music

Lilia Ann Abron
1972, Ph.D. in chemical engineering

Lisa Portis
1989, Ph.D. in pharmacology



JUANITA KIDD STOUT
First African-American woman
Elected to a state Supreme Court



NORDEN GENTRY
Attorney



JOHN PAPPAJOHN
Entrepreneur



TOM BROKAW
Former Anchorman, NBC News



DON NELSON
All-time winningest coach
in NBA history



MARK SHAPIRO
Former Executive Vice-President, ESPN



EDDIE ROBINSON
Former Football Coach
Grambling State University



THE HAWKEYE NICKNAME

The University of Iowa borrowed its athletic nickname from the state of Iowa many years ago. The name Hawkeye was originally the name of the hero in the fictional novel, *The Last of the Mohicans*, written by James Fenimore Cooper. Cooper had the Delaware Indians bestow the name on a white scout who lived with them.

In 1838, 12 years after the book was published, people in the territory of Iowa acquired the nickname, chiefly through the efforts of Judge David Rorer of Burlington and James Edwards of Fort Madison.

Edwards, editor of the Fort Madison Patriot, moved his paper to Burlington in 1843 and renamed it the Burlington Hawkeye. The two men continued their campaign to popularize the name, and territorial officials eventually gave it their formal approval.

HERKY THE HAWKEYE

The Hawkeye nickname gained a tangible symbol in 1948 when a cartoon character, later to be named Herky the Hawkeye was hatched. The creator was Richard Spencer III, instructor of journalism at Iowa.

The impish Hawk was an immediate hit and acquired a name through a statewide contest staged by the athletic department. John Franklin, a Belle Plaine alumnus, was the man who suggested Herky.

Since his birth more than 45 years ago, Herky has symbolized Iowa athletics and epitomized University life. He even donned a military uniform during the Korean War and became the insignia of the 124th Fighter Squadron.

During the mid-1950s, Herky came to life at a football game as the Iowa mascot. Since that time, Herky has been a familiar figure at Iowa athletics events.

HOTELS/MOTELS

Alexis Park Inn and Suites, 1165 S. Riverside Drive, Iowa City	337-8665	Holiday Inn Amana Colonies, I-80 Exit 225, Williamsburg	668-1175
Amana Colonies Holiday Inn, I-80, Exit 225, Amana	688-1175	Holiday Inn Express, 970 25th Ave., Coralville	625-5000
Americinn, 2597 Holiday Road, Coralville	625-2400	Holiday Inn, 1200 1st Ave., Coralville	351-5049
Baymont Inn & Suites, 200 6th Street, Coralville	337-9797	Hotel Vetro Studio Suites, 201 S. Linn St., Iowa City, IA	337-4961
Best Western Canterbury Inn, 704 1st Ave., Coralville	351-0400	Iowa House Hotel, Madison & Jefferson St., Iowa City	335-3513
Big Ten Inn, 707 1st Ave., Coralville	351-6131	Marriott Hotel and Conference Center, 300 East 9th Street, Coralville	688-4000
Comfort Inn and Suites, 2431 James Street, Coralville	338-3400	Super 7, 810 1st Avenue, Coralville	354-0030
Comfort Inn, 209 9th St., Coralville	351-8144	Quality Inn and Suites, 2525 N. Dodge St., Iowa City	354-2000
Country Inn and Suites by Carlson, 2571 Heartland Place, Coralville	545-8464	Riverside Golf Resort, 3184 Hwy 22, Riverside, IA	648-1234
Days Inn, Hwy. 6 West, Coralville	354-4400	Sheraton Iowa City Hotel, 210 S. Dubuque St., Iowa City	337-4058
Fairfield Inn, 214 9th Street, Coralville	337-8382	Suburban Extended Stay Hotel, 2491 Holiday Road, Coralville	625-2200
Hampton Inn, 1200 1st Ave., Coralville	351-6600	Super 8 Motel, 611 1st Ave., Coralville	337-8388
Heartland Inn, 87 2nd Street, Coralville	351-8132	Travel Lodge, 2216 N. Dodge St., Iowa City	351-1010

RESTAURANTS

Agave Bar & Grill, 2781 Oakdale Blvd., Coralville	665-2524	Flannigan's Bar & Grill, 501 1st Ave., Coralville	351-1904
Applebee's, 200 12th St., Coralville	358-1986	Giovanni's, 109 E. College St., Iowa City	338-5967
Airliner, 22 S. Clinton, Iowa City	351-9259	Godfather's Pizza, Highway 1 West, Iowa City	354-3312
Atlas World Grill, 127 Iowa Ave., Iowa City	341-7700	Graze, 115 E. College Street, Iowa City	887-5477
Bandana's, 807 1st Ave., Coralville	512-6555	Gus' Food & Spirits, 2421 Coral Court, Coralville	545-4290
Bennigan's, Coral Ridge Mall, Coralville	625-2366	Hamburg Inn, 214 N. Linn St., Iowa City	337-5512
Blackstone, 502 Westbury Drive, Suite 1, Iowa City	338-1770	House of Lords Restaurant & Pub, 704 1st Ave., Coralville	351-0400
Bo-James, 118 E. Washington St., Iowa City	337-4703	HuHot Mongolian Grill, 917 25th Ave., Coralville	358-9100
Bob's Your Uncle Pizza Café, 2208 N. Dodge St., Iowa City	331-7400	Hunan Restaurant, 118 2nd St., Coralville	338-8886
Bread Garden Market, 225 S. Lynn, Iowa City	354-4246	IHOP, 2435 James Street, Coralville	248-1122
Brothers Bar & Grill, 125 W. Dubuque, Iowa City	338-6373	Iowa River Power Company, 501 1st Ave., Coralville	351-1904
Brown Bottle, 115 E. Washington St., Iowa City	351-6704	Jimmy Jack's Rib Shack, 1940 Lower Muscatine Road, Iowa City	354-7427
Bruegger's Bagel Bakery, 404 1st Avenue, Coralville	337-2243	Joseph's Steakhouse, 212 S. Clinton St., Iowa City	358-0776
Buffalo Wild Wings, 201 Clinton Street, Iowa City	887-9464	Konomi, 843 Quarry Road, #140, Coralville	351-2290
Buffalo Wild Wings, 2500 Corridor Way, Coralville	338-9464	Linn Street Café, 121 N. Linn St., Iowa City	337-7370
Carl and Ernies Good Time Pub and Grub, 161 Hwy. 1 West, Iowa City	337-4422	Micky's Irish Pub, 11 S. Dubuque St., Iowa City	338-6860
Carlos O'Kelly's, 1411 S. Waterfront Drive, Iowa City	354-5800	Midtown Family Restaurant, 1069 Hwy. 1, Iowa City	351-9323
Chili's, 2651 2nd St., Coralville	351-1488	Mill Restaurant, 120 E. Burlington Street, Iowa City	351-9529
Colony Inn Restaurant, 741 47th Ave., Amana	622-6270	Mondo's Draft House, 516 E. 2nd St., Coralville	337-3000
Culvers Frozen Custard, 2591 Heartland Place, Coralville	545-8255	Mondo's Saloon, 112 E. College St., Iowa City	354-3837
Donnelley's, 101 E. College Street, Iowa City	338-7355	Monicas, 302 2nd Street, Coralville	338-7400
Edgewater Grille, 300 E. 9th Street, Coralville	887-5018	Noodles and Co., 2451 2nd Street	338-5979
Eggy's on 965, Hwy. 965, North Liberty	665-4800	Noodles and Co., 2451 2nd Street	338-5979
El Dorado, 102 Second Street, Coralville	688-5237	Okoboji Grill, 1857 Lower Muscatine Rd., Iowa City	248-1155
El Ranchero, 21 Sturgis Drive, Iowa City	338-4324	Old Capitol Brew Works & Public House, 525 S. Gilbert St., Iowa City	337-3422

Old Chicago, 78 Second Street, Coralville
 Olive Garden, 925 25th Ave., Coralville
 Outback Steakhouse, 945 25th Ave., Coralville
 Ox Yoke Inn, 4420 220 Trail, Amana
 Paglia's Pizza, 302 E. Bloomington St., Iowa City
 Pancho's Mexican Grill, 901 25th Ave., Coralville
 Pancho's Mexican Grill, 32 S. Clinton, Iowa City
 Pancho's Mexican Grill, 965 South Riverside Drive
 Pit Smokehouse, 130 N. Dubuque, Iowa City
 Quinton's Bar & Deli, 215 E. Washington, Iowa City
 Red Lobster, 2671 2nd Street, Coralville
 Red's Ale House, 515 S. Dubuque St., North Liberty
 River City Beefstro, 1210 1st Ave., Coralville
 Sam's Pizza, 441 S. Gilbert St., Iowa City
 Sanctuary Restaurant & Pub, 405 S. Gilbert St., Iowa City
 Short's Burger and Shine, 18 S. Clinton St., Iowa City

248-1220
 339-9100
 354-2755
 1-800-233-3441
 351-5073
 248-3256
 338-6311
 887-2600
 337-6653
 354-7074
 338-6400
 626-2100
 351-1551
 337-8200
 351-5692
 337-4678

Sports Column, 12 S. Dubuque Street, Iowa City
 Steak and Shake, 2806 Commerce Drive, Coralville
 Summit Restaurant & Bar, 10 S. Clinton St., Iowa City
 Sushi Popo, 725 Mormon Trek Blvd., Iowa City
 Tailgators, 450 1st Ave., Coralville
 Takanami, 219 Iowa Avenue, Iowa City
 Texas Road House, 2520 Corridor Way, Coralville
 The Three Samurai, 1801 2nd St., Coralville
 Third Base, 111 E. College St., Iowa City
 Timmy Flynn's Red Pepper Grill, 517 S. Riverside Drive, Iowa City
 Vesta, 849 Quarry Road, Coralville
 Vine Tavern, 330 E. Prentiss St., Iowa City
 Vine Tavern & Eatery, 39 2nd St., Coralville
 Vito's Italian American Restaurant, 118 E. College St., Iowa City
 Wig and Pen Pizza Pub, 1220 Hwy. 6 West, Coralville
 Z'marks Noodle Cafe, 19 S Dubuque St

356-6902
 545-5472
 354-7482
 338-7676
 351-1488
 356-6914
 354-3489
 337-3340
 339-1516
 337-5270
 338-3782
 364-8767
 338-7770
 338-1393
 354-2767
 338-5500

